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May/June 2010

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**Jennifer
Hudson**

dishes on
her latest
role, p92.

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FIRMS THIGH
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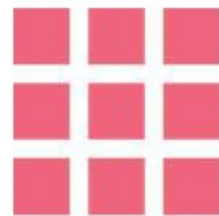
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may.june 2010



features

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New Weight Watchers spokesperson

Jennifer Hudson talks about life, love (her new baby), and her latest role.



Looking for more details on Jennifer's weight-loss journey? Check out weightwatchers.com.

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102 Time to Walk! Timing is everything in life and, as it turns out, in walking too! We help you make the most of your walk—morning, noon, or night.

110 Feed Your Bones Read up on the latest research to keep your skeleton strong. (Hint: What you eat matters.)

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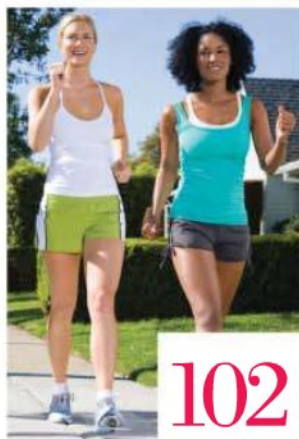
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for every
shape and
size



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Simple fitness tweaks (including where you stand in fitness class) deliver big results.

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88 She Likes to Move It, Move It How one busy mom squeezes fitness into every spare minute of her day. Literally!

91 Get Back in the Game! Don't let back pain cause you to lose your fitness mojo.



ON COVER, JENNIFER HUDSON: HAIR: LAWRENCE DAVIS FOR CLOUTIER AGENCY; MAKEUP: SAM FINE FOR COVERGIRL QUEEN COLLECTION; FASHION STYLING: ANDREA LIEBERMAN.



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Elegant and easy—try our recipe tonight.

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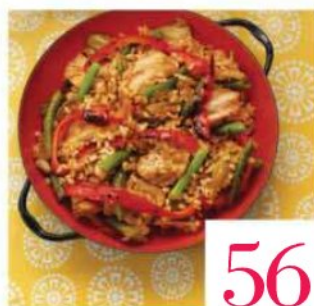
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Weight Loss, Weight Watchers & Men

A LETTER FROM THE PRESIDENT AND CEO
OF WEIGHT WATCHERS INTERNATIONAL



One of the things I'm most frequently asked is, **"Why don't more men join Weight Watchers?"**

Good question. In truth, weight is as important a health concern for men as it is for women if you consider the facts:

- **There are more overweight men** in this country than women.
- **The risk of health conditions** associated with being overweight (such as heart disease, cancer, and hypertension) **occur at about the same Body Mass Index for both men and women.**
- **Type 2 diabetes**—a disease alarmingly on the rise among our nation's children—**is just as much of an issue for men as it is for women.**

In addition, men have not faced the same kind of societal pressures to lose weight that women have experienced—until now. I believe the media today is beginning to place the same kind of pressure on men concerning their body image that women have had to endure for decades. If the media gives its audience what it wants, then the audience clearly wants to see men with visible abdominal definition.

So what can men do to deal with their weight issues? The same things that women are doing. Men grappling with weight issues need to fundamentally change their

lifestyles, make healthier food choices, and exercise more. They also need education, behavioral change, and, yes, support.

I know this because I'm a man with a weight issue. Sadly, this hardly makes me unique. Yet, I can also say that commonsense weight-loss strategies work as well for men as they do for women.

About a year ago, I became a Lifetime member of Weight Watchers, having dropped about 30 pounds.* It almost goes without saying that my Weight Watchers membership changed my life—and not just because I like the way I look now as opposed to then. It changed my life because I now eat sensibly and exercise regularly. I went from having a sedentary and unhealthy lifestyle to having a healthy and rewarding lifestyle.

Some of the most passionate Weight Watchers members that I have ever met have been men. If you are a man reading this, rest assured that Weight Watchers offers plenty of support for men too. If you are a woman, consider providing a supportive push to the man in your life who is struggling with this issue. You will both be happier and healthier for it.

David Kirchhoff
PRESIDENT AND CEO

Twitter: @dkirchhoff • Blog: manmeetsscale.com

BEFORE



Christmas 1998—before Weight Watchers—and I swear that sweater was in style at the time!

EDITOR'S NOTE We believe Dave on the style point—and please note: No cat was harmed in the taking of this photo! She likes to be held upside down.

*PEOPLE FOLLOWING THE WEIGHT WATCHERS PLAN CAN EXPECT TO LOSE 1 TO 2 POUNDS PER WEEK.



Milk the Moment.

At dinnertime, my family and I always raise a glass – of milk. It's naturally nutrient rich like no other beverage. And beyond calcium, milk's got protein and B vitamins to help build strong families. It brings everyone together no matter what life dishes up.

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Real Women get Results



I admit it: At first, I didn't recognize Jennifer Hudson. On the morning we shot her for the magazine, I glanced up and saw this gorgeous young woman—all long legs in jeans and high-tops; her face framed by oversize sunglasses—chatting away with the photographer, sans entourage. For a moment, it simply didn't register that this woman was the new Weight Watchers spokesperson: I was expecting a Big Star—and all that comes along with it. But the woman I saw was relaxed and confident, so animated, with a big smile—so real. After I met her and asked about her new role with the company, I realized that's Jennifer: so real.



If you don't get inspired after checking out our amazing photos of Jennifer (p. 92), then read her story. Her rise to fame, weight struggles, and personal challenges are the stuff of, well, a good success story. Like many women, Jennifer wrestled with her weight for years; yet unlike most, she experienced the highs and lows in a very public arena. However, once she gave birth to her son, David, her desire to lead a healthy life became more urgent—just as it does for so many other women. Read what Jennifer has to say about her journey so far and about her weight—I'm sure her story will resonate in your life too.



GETTING HER GLOW ON
Jennifer Hudson is primed for her WWM cover shot.

Nancy Gagliardi
Editorial Director

What's your favorite thing to do on a day off?



Pam Morris,
prop stylist
"Just Caught!"
p. 78

"I spend a lazy morning hanging out with my family, then cook all afternoon to prepare a big meal for friends."



Akiba Solomon,
writer
"Brain Games"
p. 48

"I love to hit an open mic or showcase to sing. I swear I was a lounge singer in another life!"



Miha Matei,
photographer
"Soy Good"
p. 63

"I spend time with my 2-year-old son, Medby. Seeing the world through his eyes reminds me not to take life and work too seriously."



Emma Smith,
writer
"Success Stories"
p. 32

"Cook! My friend just taught me how to make pickles—and it's really fun and so easy. We're making dills and bread-and-butter."



A MINUTE WITH
Jessica
Wozinsky
Associate Editor

When we hired Jessica, we loved that she's a member and fitness enthusiast. But I had no idea....

You did what? I ran to the top of the Empire State Building! The Empire State Building Run-Up is an annual race in which runners climb all 86 stories (1,576 steps!) to get to the Observation Deck. It took me 22 minutes, and I was exhausted when I finished, but the view was worth it.



This wasn't your first fitness challenge, though.

The Polar Bear Dip was another crazy, fun event. On New Year's Day, we go to Coney Island and jump into the Atlantic Ocean for a swim. This was my second year doing it. It was freezing, but the experience was so invigorating. I think it'll be an annual tradition!

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in-box

Well Said!

Tell us what you think! E-mail us at wwwfeedback@weightwatchers.com



Collector's Edition

I think the Mar/Apr 2010 issue was WWM's best ever! This one is a total keeper—I'll refer to it again and again. Keep them coming! —*Angie S., NY*

I have been reading WWM cover to cover for five years, but with this year's new layout, I can't wait to turn the page to see what's next. —*Crystal F., TX*

Dinner for One

I love the quick and easy recipes in the Get Cooking Menu. I can make a soup or pasta dish just for me, and I won't have leftovers for days. Plus, I get fresh ideas to help me stay on track. —*Gloria M., TX*



Got Veggies?

Thank you for "Veg Out!"—the three-day meatless challenge (Mar/Apr 2010). I gave up meat for Lent, and this issue arrived just in time. The article and recipe suggestions will add even more variety to my eating plan this season and beyond. Thank you again! —*Tanya F., MI*

Since I'm a Leader, I thought I should try the meatless challenge before suggesting it to my members. It was great! My scale was down 2 pounds after the three days. Thank you for the mini-challenge! —*Jane W., MN*

Board Buzz

Talking About Hamburger Pie

I tried the Hamburger Pie recipe—easy to make and delicious! Definitely will make this again! —*MartinPlayer*

I made this and added a can of Hunt's fire-roasted diced tomatoes, drained. It really gave it some zip.

—*ShannonIsBack*



Hamburger Pie, Mar/Apr 2010, p. 72

I just made this tonight, and I added taco seasoning to the beef. —*csail55*

I mixed some ketchup and pickle relish and served a dollop on top. —*TigsMom57*



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about our maintenance record.
Check with your physician before
beginning or dramatically
changing a fitness routine.



JOIN THE PANEL Interested in being a part of WWM's network of readers? E-mail your name and address to wwreaderpanel@weightwatchers.com. You may be called on to test beauty products, try the latest fitness gear, or just weigh in on the topics that matter most as you're trying to lose.

Join the undie ground party.



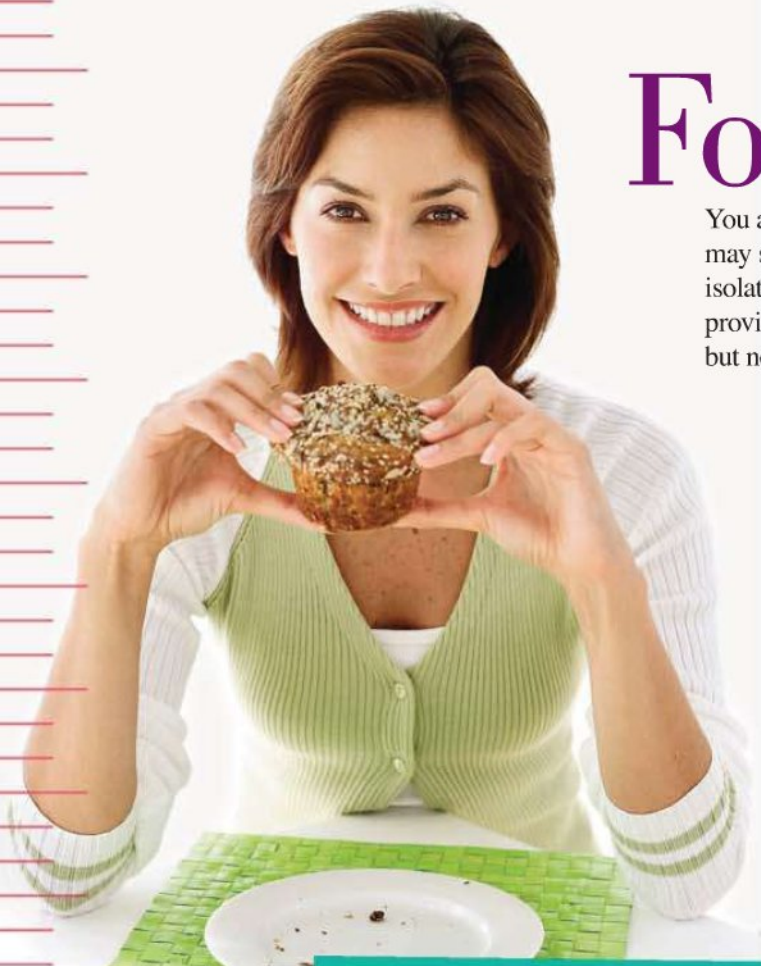
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Focus on Fiber

You already know fiber is important if you're trying to lose. However, it may surprise you to learn that not all fibers are created equal. For example, isolated fibers (those added to packaged foods to increase fiber content) provide the same feel-full benefits as natural fibers (found in whole foods), but not necessarily the same health benefits. To make your fiber count...

■ **Think whole** Packaged foods with isolated fiber are convenient and filling, but they lack many of the vitamins and nutrients of whole foods like fruits and veggies. So indulge in just one packaged high-fiber bar, yogurt, or other treat a day.

■ **Check ingredients** When shopping for fiber-rich packaged foods, try to choose those that list a maximum of three artificial ingredients (such as inulin, maltodextrin, or polydextrose).

■ **Get your fill** A good source of fiber should provide at least 3 g per serving. In total, aim for 25 to 35 g per day, the majority of which should come from whole foods.

■ **Count calories** Although some studies suggest that eating fiber can help with weight loss, the research focused on people who ate high-fiber, *low-calorie* foods. So remember: Fiber is important for satiety, but when you're trying to lose weight, calories (or **POINTS** values) are still key.

For an easy fiber boost, toss ½ c of crushed bran cereal or 1 Tbsp of flaxseeds into muffins, cakes, cookies, or even meat loaf before baking!

Remote Patrol

ATTENTION CHANNEL SURFERS Watching too much TV may actually shorten your life span. According to the results of a recent Australian study, **those who tune in four or more hours a day are 80 percent more likely to die of cardiovascular disease** than those who watch two hours or less. Plus, the results of a smaller U.S. study suggest that **overweight adults who cut their daily viewing time in half—from five hours to two and a half—burn about 120 calories more a day** even if they don't use the time to exercise. (That's the equivalent of walking eight miles a week!)

Hooray for Hips!

You may have heard that some junk in the trunk—and on hips and thighs—isn't a bad thing. A new British study has determined why: Having a pear-shaped body (smaller on top, larger on the bottom) may reduce your risk for diabetes and heart disease because lower-body fat traps harmful fatty acids, which contribute to a number of diseases, more effectively than belly fat.

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a gram of fiber?

sweet!

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Raspberry Banana Smoothie

- 1 medium banana, peeled and sliced
- 3/4 cup fresh raspberries
- 4 packets SPLENDA® No Calorie Sweetener with Fiber
- 3/4 cup 1% low-fat milk
- 1/2 teaspoon pure vanilla extract

PLACE banana in freezer for 10 minutes or until slightly firm.
PROCESS all ingredients in a blender until smooth, stopping to scrape down sides. Serve immediately.

Nutrition Info per Serving (Serving Size: 8 fl. oz.)
Calories 120 | Calories from Fat 10 | Total Fat 1g | Saturated Fat 1g | Cholesterol 5mg |
Sodium 40mg | Total Carbohydrate 28g | Dietary Fiber 7g | Sugars 14g | Protein 4g

Prep Time: 5 minutes
Freeze Time: 10 minutes
Makes 2 Servings



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Place Your Order

Later this year, Uncle Sam will consider a law mandating that all major restaurant chains in the country post calorie counts on their menus. However, that shouldn't stop you from making smarter ordering decisions right now—especially because some restaurants have already begun to lighten up their options. Here's how to make a better choice at the chains.

	STARBUCKS	APPLEBEE'S	TACO BELL	QUIZNOS
ORDER	Tall Skinny Latte (2 POINTS; 90 calories)	Grilled Shrimp with Island Rice (6 POINTS; 280 calories)	Fresco Crunchy Taco (3 POINTS; 150 calories)	Balsamic Chicken Sammie (4 POINTS; 190 calories)
AVOID	Grande Double Chocolate Chip Frappuccino (11 POINTS; 510 calories)	Three-Cheese Chicken Penne Pasta (17 POINTS; 1,300 calories)	Fiesta Taco Salad (20 POINTS; 770 calories)	Black Angus (regular) Sub (20 POINTS; 900 calories)

POINTS VALUES AND CALORIE COUNTS, IN PARENTHESES ABOVE, ARE APPROXIMATE.

BY DEFINITION

sitting disease —sit·ting dis·ease \sit-ting di-'zēz\ n

Definition The name of this condition, which results from spending too much time in a seated position, was recently coined by U.S. physicians. The malady leads to weight gain, increased risk for blood clots, and back pain. If you sit at a desk for most of the day, you're a likely candidate. A simple Rx? Stand rather than sit while on the phone; this will make you more apt to pace, which reduces your risk for the condition.

Save the Date!

May
5

CINCO DE MAYO This year, don't skip the guac—**just**

trim the fat! Mash

½ avocado with a 10-oz package of thawed frozen peas; mix with ½ c each chopped tomato and cilantro, and ½ c chopped onion. Add fresh lime juice and hot sauce to taste.



May
9

June
20



**MOTHER'S DAY/
FATHER'S DAY**

Rather than taking Mom and Dad to dinner on their special days, **create a photo collage of your favorite moments together.** (Bonus: Working on it in your free time will keep you out of the kitchen!)

May
31

MEMORIAL DAY

If you won't be marching in

a parade, **why not sign up for a 5K?**

Cities from coast to coast sponsor Memorial Day races in which entrants can walk or jog; contact your local running club or sporting goods store to find a race near you.



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lose it now

THE SCOOP

SALTY TALK

A high-sodium diet has been linked to obesity and hypertension, but your saltshaker might not be to blame:

New research shows only 11 percent of our sodium intake comes from table salt. A whopping majority comes from the processed foods we eat. Here, some major offenders—and how to get them in check.



SOY SAUCE Just one tablespoon packs 800 mg of sodium—about a third of the recommended daily amount for adults. (You'll halve that amount by using low-sodium soy.)

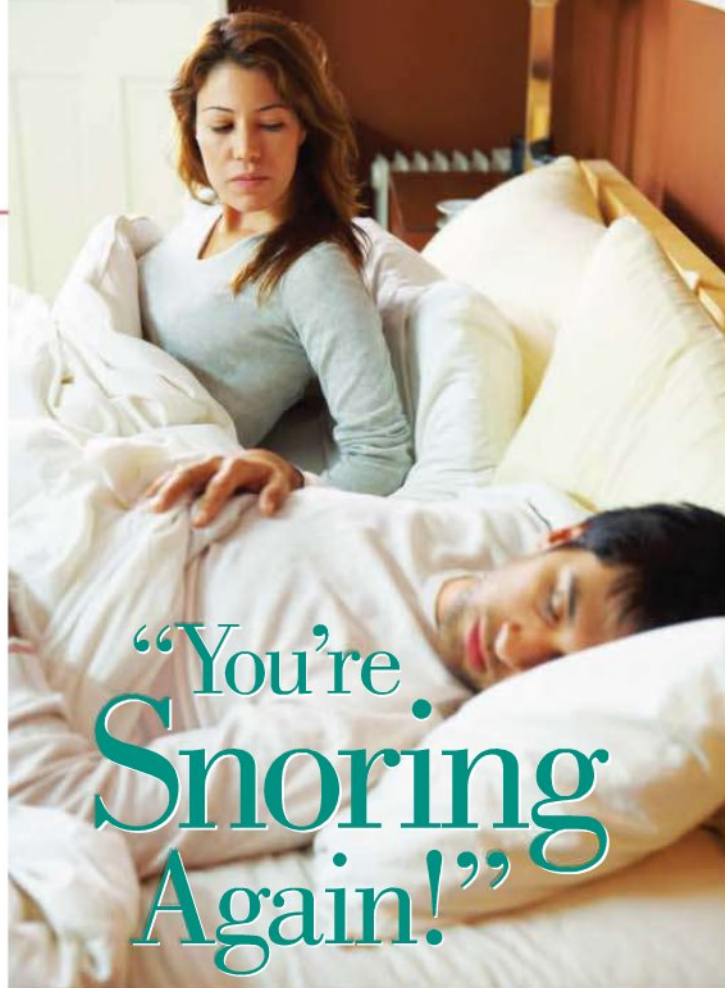
> **BETTER BET** Squeeze fresh lemon juice on your sushi. Or, use a few ice cubes to dilute your soy sauce—cutting the sodium content.

PICKLES Though they're a staple for those watching their calories, a dill pickle typically contains more than 800 mg of sodium.

> **BETTER BET** As an alternative, try a sweet gherkin (or, better yet, fresh cucumber slices).

LOW-FAT COTTAGE CHEESE Surprise: Some brands of this dairy superstar pack more than 900 mg in a one-cup serving!

> **BETTER BET** Have a cup of low-fat Greek yogurt, which has about 150 mg of sodium.



Q
A

My husband is overweight and snores like a freight train. Should he be tested for sleep apnea?

Yes! The recent results of an 18-year study suggest that **those with untreated sleep apnea have a higher risk of mortality.** Your husband's physician may direct him to a local sleep center that provides testing and treatment. (He'll probably need to spend a night there.) Also, you may want to encourage your hubby to slim down because about half of the 12 million to 18 million people in the United States who have sleep apnea are overweight, and shedding pounds seems to ease symptoms. That can mean a better night's sleep—for both of you.

WHAT'S UP WITH... GOJI BERRIES?

These Asian berries, long believed to have health-boosting properties, are now being touted stateside as a superfruit. You're likely to find them either dried or in juice, capsule, or tea form at your local natural foods store. But do they live up to the healthy hype?



THE CLAIM Gojis prevent the growth of cancer cells, liver disease, obesity, inflammation, macular degeneration, and other ailments.

REAL DEAL There's insufficient evidence to support Goji's medicinal claims. The fruit is a great source of vitamins and nutrients, but blueberries (and other berries) provide similar benefits—with a smaller price tag; Goji tea can cost up to \$65, while juice starts at \$20 for 32 oz.

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when you consume
one packet during
light physical activity




PHOTOGRAPHY: CORBIS.

Booster shot Ever wonder why the high five you got after you lost a few pounds felt so gratifying? Emerging research suggests that your brain registers a supportive physical gesture—be it a pat on the back, brush of the arm, or high five—more quickly and accurately than a spoken compliment. So keep 'em coming!


 **A.M.** motivator. For a next-day boost, place an encouraging note ("Good for you!" or "Good luck today!") in your gym or lunch bag at night.

 **Find** like minds. Seeking online support? First, clearly define your goal, such as losing 20 pounds; then search for an appropriate message board.

 **Give** me an A. Relive the joy of getting good marks in school; e-mail your food diary entries to a pal and have her "grade" your progress.

Fibromyalgia. It's what I have. Not who I am.





Cymbalta can help lessen your fibromyalgia pain.

When you have fibromyalgia, you live with chronic widespread pain and tenderness. Some days it can feel like fibromyalgia pain overwhelms you. Wouldn't you like to live with less pain? Maybe then, you could get back to more of the things you want to do.

There is good news. Cymbalta is a non-narcotic treatment that's FDA-approved for the management of fibromyalgia pain.

When taken only once a day, every day, Cymbalta can help you lessen your fibromyalgia pain. You may begin to function better and feel better. As with any medicine, individual results may vary.

What would you do with less fibromyalgia pain? Ask your doctor about Cymbalta.

Visit **cymbalta.com** to learn more.

Fibromyalgia is painful. Cymbalta can help.


Cymbalta[®] DELAYED
duloxetine HCl RELEASE
CAPSULES

Important Safety Information About Cymbalta

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

Cymbalta[®] (duloxetine HCl) is not for everyone. You should not take Cymbalta if you have recently taken a type of antidepressant called an MAOI or Mellaril[®] (thioridazine) or have uncontrolled glaucoma (increased eye pressure).

Talk to your doctor about all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes. Severe liver problems, sometimes fatal, have been reported so talk to your doctor if you have itching, right upper belly pain, dark urine, yellow skin/eyes or unexplained flu-like symptoms while taking Cymbalta. Tell your doctor about your alcohol use and discuss all your medicines, including those for migraine to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles. Discuss if you are taking NSAID pain relievers, aspirin or blood thinners because use with Cymbalta may increase bleeding risk. Consult your doctor before stopping Cymbalta or changing your dose. Dizziness or fainting may occur upon standing. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta. Tell your doctor if you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta which may be signs of low sodium levels. Tell your doctor if you develop problems with urine flow while taking Cymbalta and if you are pregnant or nursing.

The most common side effects of Cymbalta include nausea, dry mouth, constipation, decreased appetite and sleepiness. This is not a complete list of side effects. Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

See back page for additional Important Safety Information, including Boxed Warning.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



Partnership for
Prescription Assistance

If you need assistance with prescription costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

Lilly

Information For Patients About Cymbalta® (duloxetine hydrochloride) Delayed-Release Capsules

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah) and each time your prescription is refilled in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD) also called depression, generalized anxiety disorder (GAD), and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

What is fibromyalgia?

Fibromyalgia is a real disorder that may affect many areas of a person's life. It may make it harder to do daily activities. Fibromyalgia is characterized by chronic widespread pain and tenderness and may include other symptoms. The pain of fibromyalgia may be unpredictable. You may feel pain that can affect different parts of your body and may be worse on some days than on others. Fibromyalgia occurs most often in women but can also affect men.

How is Cymbalta believed to work?

Although the exact way Cymbalta works in people is unknown, it is believed to be related to an increase in the activity of serotonin and norepinephrine, which are two naturally-occurring substances in the brain and spinal cord.

When will Cymbalta begin to work?

In clinical studies, many people taking Cymbalta began to feel improvement in their symptoms as early as 1 to 4 weeks after starting Cymbalta. As with any treatment, results may vary from person to person.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a monoamine oxidase inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate) or Emsam® (selegiline transdermal system). Using an MAOI with many

prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI.

- You have uncontrolled narrow-angle glaucoma (increased eye pressure).
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine).

What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes.
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported.
- About your alcohol use.
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products.
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles.
- If you take NSAID pain relievers, aspirin, or blood thinners as these medications may increase risk of bleeding when used with Cymbalta.
- If you are pregnant, plan to become pregnant or are nursing.
- If you experience dizziness or fainting upon standing due to a sudden drop in blood pressure. This may happen especially when first starting Cymbalta, when increasing the dose, or when used in combination with certain other drugs.
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta.
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta which may be signs of low sodium levels.
- If you develop problems with urine flow while taking Cymbalta.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you

remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.

- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

What are the possible side effects of Cymbalta?

- In clinical studies of fibromyalgia, the most common side effect was nausea.
- Other common side effects included dry mouth, constipation, decreased appetite, sleepiness, increased sweating, and agitation.

This is not a complete list of side effects. For full patient information, visit www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

What happens when I stop taking Cymbalta?

Cymbalta should not be stopped suddenly. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache. Talk with your healthcare provider before stopping Cymbalta as he or she may wish to decrease the dose slowly to help you avoid these kinds of symptoms.

Can children take Cymbalta?

Cymbalta has not been studied in children under 18 and is not approved for this age group. See Boxed Warning above.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com.

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inside

WeightWatchers®

Take the Walk-It Challenge!

It's not too late to get moving. Start training for Weight Watchers Walk-It Day June 6!

If you've been thinking about becoming more active, walking is a great way to go. And Weight Watchers is here to help with our exciting Walk-It Challenge that invites you to get out and get moving on Walk-It Day.

Pick up the Walk-It Challenge Training Guide, available to Weight Watchers meeting members in participating locations through June 5. In it, you'll find all the tools you need to train for the challenge and even complete a 5K (3.1 miles) walk on June 6. The guide includes:

- a comprehensive walking training plan
- info on how to locate a 5K in your area
- tricks to keep you motivated as you train
- and much more!

Take a step in the right direction and join the challenge.

Download the newly updated Weight Watchers iPhone App!

Tapping Weight Watchers resources is easier than ever now. Subscribers to Weight Watchers Online or eTools can use their iPhone or iPod Touch to access a suite of weight-loss tools included with their subscription at no extra cost. Not a subscriber to Weight Watchers Online or eTools yet? You can still test-drive the app to find healthful recipes, inspiring articles, success stories, and more—all at the touch of a button. Visit WeightWatchers.com/iPhone

 To learn more call 1-800-651-6000 or visit WeightWatchers.com.



Dinner for lunch?

Having your main meal at noontime can be smart—if you plan wisely.

After the birth of her second child, Iris successfully shed the baby weight by going back to her European roots and eating her main meal at lunch. However, a protein deficit at breakfast and lunch sometimes causes this strategy to backfire and leads Iris to snack all afternoon. Here, Leader Courtney Baker steers her in a direction that will keep her fueled and satisfied.



Iris Geist
Home San Diego
Age 37

IRIS'S FOOD DIARY

breakfast

- 1 c toasted corn cereal with
- 1 c fat-free milk (4)

a.m. snack

- 1 small apple (1)

lunch

- 1 small sweet potato with
- ½ c low-fat Greek yogurt (3)
- 1 small orange (½)
- 1½ c steamed butternut squash (3)

after-lunch snacks

- 6 oz instant hot cocoa, made with water (2)
- 1 serving (22) BBQ-flavored popped chips (3)
- 1 container non-fat fruit yogurt (1)
- 2 slices lean ham on sandwich thins (3)
- 1 c low-fat Greek yogurt with
- 1 Tbsp sugar-free jam (3)
- 1 fat-free frozen fudge bar (1)
- 1 slice Swiss cheese (2)
- 1 slice Genoa salami (1)

TOTAL POINTS VALUE: 27½

POINTS OVER TARGET: 3½

POINTS VALUES ARE ESTIMATES.

Make breakfast count. Iris's meager bowl of cereal lacks the protein punch she needs to power through her morning. Plus, cornflakes tend to be high in sugar and low in fiber, so they're less filling than most whole-grain cereals.

DO IT NOW To add protein, whip up six **1 POINTS** egg "muffins." Mix 1½ c egg whites with 1 c each fat-free cheese and chopped veggies. Coat a 6-cup muffin tin with nonstick spray, fill, and bake at 350°F for 30 min. Freeze; reheat individual muffins as needed.

Lunch with respect. If Iris is going to make lunch her primary meal, she needs to treat it that way. Veggies alone won't leave her sated. Case in point: The snack parade that follows.

DO IT NOW Want to try having your larger, hot meal at lunch? Make sure to include 1 filling, lean protein (like chicken or fish).

Sit down to dinner. Iris cooks supper for her kids, but she rarely eats with them. Instead, she grazes on table scraps, which can't replace a full-fledged meal. So Iris gives in to temptation—again and again.

DO IT NOW It's fine to eat a light dinner. But savor it by sitting at the table, taking small bites, and catching up on the day's happenings. If your meal is a ham sandwich, serve it open face, on a plate, and eat it with a knife and fork so you'll feel satisfied.

SO, HOW DID SHE DO? After following Courtney's cues, Iris reports, "I'm eating more protein in the morning and evening so I don't graze as much. Overall, I feel more full, and I'm going to bed earlier to cut down on snacking at night."

Are you a nighttime snacker? Turn to p. 29 for tips on how to curb p.m. refrigerator runs. ➤



Swimsuit season bites.



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Fresh, crisp apples

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Available in the Produce section, next to cut fruit.



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WHEN LOSING WEIGHT CLICKED FOR ME

"When I lost weight the very first week. I loved watching that line going down on the Weight Tracker Graph. It's so great that I can do the plan on my time, all online. It's as easy as checking my email." —Lisa, lost 26 lbs*

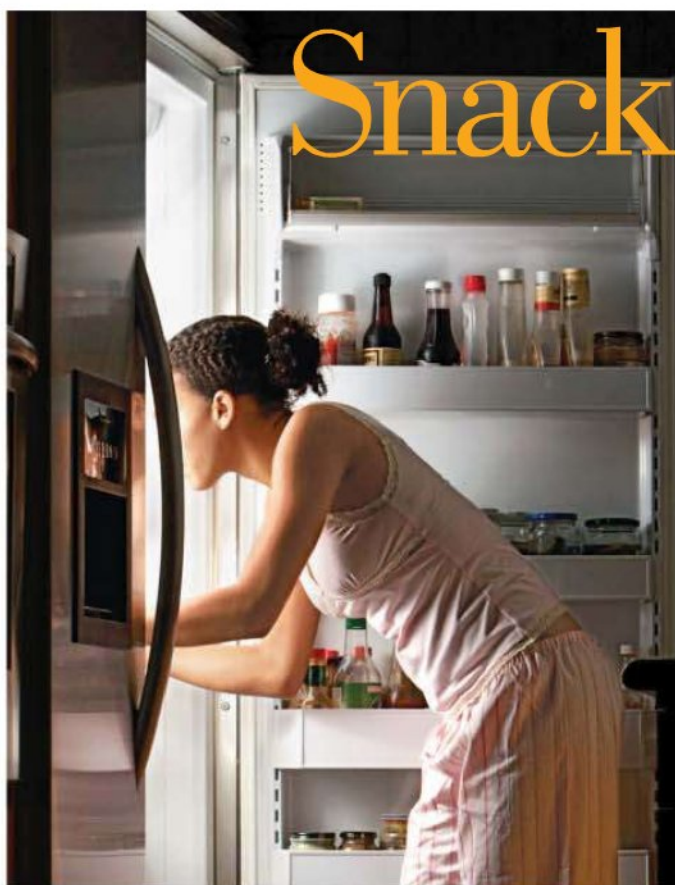
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*People following the Weight Watchers plan can expect to lose 1–2 pounds per week.

**Sign up fee waived with purchase of Weight Watchers Online 3-month savings plan. Automatically renews thereafter at standard monthly rates until you cancel. Offer valid 4/4/10 – 5/29/10.



Snack less tonight

Though the jury has long been divided as to whether late-night snacking can lead to weight gain, new research does suggest that eating at times that conflict with your natural body rhythms can prevent you from losing weight. If late-night fridge raids are a problem, read this before it gets dark!

1 CLEAN UP EARLY Wash dishes right after dinner, wipe down counters, and turn off the lights. Once the kitchen is clean, you won't want to mess it up again.

2 LATER, LENO! TV-watching and mindless munching go hand in hand. So instead of turning on the tube at night, keep your hands (and mind) busy with a book or a challenging jigsaw puzzle.

3 WRESTLE WITH THIS Japanese sumo wrestlers maintain their bulk with late-night eating sessions. Got the image in your head? Enough said.



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Chips!

Got a craving for crisps? Below, we help decode the serving info for some tasty low-fat options. Here's a hint: 1 serving of chips = 1 oz (or 28 g)



BAKED GOODS

With all the flavor choices out there, baked chips no longer taste like cardboard! **PORTION IQ** You'll get about 15 chips per serving. But beware: Small bags often contain more than 1 serving.



VEGGIE LOVE

They sound healthy, but veggie chips often have added oils and fat, so choose brands with a short ingredient list. **PORTION IQ** Because chip weights vary, use a food scale to measure 1 oz.



FRUIT-A-LICIOUS

Need a crunchy sweet fix? Low-sodium apple, strawberry (shown), or other fruit chips deliver. **PORTION IQ** In general, serving sizes tend to be smaller than those of other chip options.



TORTILLA FLATS

To avoid mindless munching, indulge at home rather than at a Mexican restaurant. **PORTION IQ** Shop for brands that have 18 blue-corn chips (and no sat fat) per serving.



SOY HEALTHY

Seeking a protein boost? Some brands have 7g or more of soy—as much as an 8 fl oz glass of soy milk. **PORTION IQ** Looking to get the most chips for your POINTS? A serving of soy crisps averages a whopping 26!



Want to bake your own low-fat veggie chips at home? Go to weightwatchers.com/vegchips for an easy recipe.

PHOTOGRAPHY: MIHA MATEJ.

*With added vitamins and minerals, including Vitamin E.
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The Jury Is In

As a child I had no interest in eating healthy food, so I struggled with my weight. My mom tried to encourage me to eat better, but I'd always trade the fruit she packed in my lunch box for chips. I continued to gain weight as I got older, but my unhappiness with my body reached a peak in college. That's when a group of students harassed me about my weight, and campus security had to get involved and stop them. That incident motivated me to join WW, where I lost 75 pounds.

Unfortunately, after I got my law degree and settled into my own apartment, **I fell into the habit of eating out with friends all the time and the weight crept back on.** I felt terrible about it: I'm a prosecuting attorney, and I knew I wasn't as confident standing in front of a jury as I could be. One day I broke into tears at my parents' house; I was miserable because of all the

weight I had gained back. My mom convinced me to try tracking my **POINTS** for just one day. Well, I wound up sticking with it and by the time I attended my "first" meeting, I'd lost seven pounds!

For me, the key is meticulous planning. **Every Sunday I map out exactly**

what I'm going to eat during the upcoming week. That prep work helps me make healthy choices—even when I'm crunched for time.

On days when I feel myself slacking off, I open up my tracker from that moment in my mom's kitchen when I was so miserable and desperate. That's enough to make me step away from the fridge.

Today, I'm happy with my body. I have much more confidence at work, and my social life has improved tenfold! My family, who has witnessed my weight battles, is so proud. I put a lot of effort into staying on track, but it's worth every minute.

To Good Health!

My doctor told me I was headed for diabetes and heart problems. I feel great knowing I've reduced my risks for both.



BEFORE

Karen Kazanchy

Home New Jersey

Age 33 Ht. 5'5"

Before 205 lbs.

Lost 60 lbs.

After 145 lbs.

How WW Meetings

PEOPLE FOLLOWING THE WEIGHT WATCHERS PLAN CAN EXPECT TO LOSE 1 TO 2 POUNDS PER WEEK.

"I took out my summer clothes, and everything was too tight; I seriously thought, 'How did my clothes shrink in a box?'"



You can help protect against the formation of clots and reduce your risk of a future heart attack or stroke.

This is important information if you've been hospitalized with heart-related chest pain or had a heart attack. That's because these conditions, known as Acute Coronary Syndrome—or ACS—are usually caused when blood platelets stick together and form clots that block blood flow to your heart. And if you've already had a clot, you're at an increased risk for a future heart attack or stroke.

PLAVIX, taken with other heart medicines, helps provide greater protection against heart attack or stroke than other heart medicines alone.

That's because prescription PLAVIX works differently than your cholesterol and blood pressure medications, focusing on your blood platelets to help keep them from sticking together and forming clots.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

If you need help paying for prescription medicines, you may be eligible for assistance. Call 1-888-4PPA-NOW (1-888-477-2669), or go to www.pparx.org



Partnership for
Prescription Assistance

Important Safety Information: People with stomach ulcers or other conditions that cause bleeding should not use PLAVIX. Taking PLAVIX alone or with some other medicines, including aspirin, may increase bleeding risk, so tell your doctor when planning surgery. Certain genetic factors and some medicines, such as Prilosec, may affect how PLAVIX works. Tell your doctor all the medicines you take, including aspirin, especially if you've had a stroke. If fever, unexplained weakness or confusion develops, tell your doctor promptly. These may be signs of TTP, a rare but potentially life-threatening condition, reported sometimes less than 2 weeks after starting PLAVIX. Other rare but serious side effects may occur.

See important product information on the following page.

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(clopidogrel bisulfate) 75mg tablets

Help stop a clot before a clot stops you.

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PLAVIX
(clopidogrel bisulfate) tablet, film coated

Rx Only

WHO IS PLAVIX FOR?

PLAVIX® (clopidogrel bisulfate) is a prescription-only medicine that helps keep blood platelets from sticking together and forming clots.

PLAVIX is for patients who have:

- had a recent heart attack.
- had a recent stroke.
- poor circulation in their legs (Peripheral Artery Disease).

PLAVIX in combination with aspirin is for patients hospitalized with:

- heart-related chest pain (unstable angina).
- heart attack.

Doctors may refer to these conditions as ACS (Acute Coronary Syndrome).

Clots can become dangerous when they form inside your arteries. These clots form when blood platelets stick together, forming a blockage within your arteries, restricting blood flow to your heart or brain, causing a heart attack or stroke.

WHO SHOULD NOT TAKE PLAVIX?

You should NOT take PLAVIX if you:

- are allergic to clopidogrel (the active ingredient in PLAVIX).
- have a stomach ulcer.
- have another condition that causes bleeding.
- are pregnant or may become pregnant.
- are breast feeding.
- have certain genetic factors.

WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING PLAVIX?

Before taking PLAVIX, tell your doctor if you're pregnant or are breast feeding, if you are taking any other drugs or if you have any of the following:

- gastrointestinal ulcer
- stomach ulcer(s)
- liver problems
- kidney problems
- a history of bleeding conditions

WHAT IMPORTANT INFORMATION SHOULD I KNOW ABOUT PLAVIX?

Genetics: People with a specific genetic makeup may get less protection against heart attack or stroke with PLAVIX.

Drug interactions: Some medicines, such as Prilosec, may affect how PLAVIX works. Tell your doctor all the medications you are taking, including prescription or over-the-counter medications. You should tell your doctor about any other medications you are taking, including prescription or over-the-counter Prilosec (omeprazole). Taking Prilosec with PLAVIX may reduce the effect of PLAVIX. Antacids and most H2 blockers, except Tagamet (cimetidine), are not known to interfere with how PLAVIX works.

TTP: A very serious blood condition called TTP (Thrombotic Thrombocytopenic Purpura) has been rarely reported in people taking PLAVIX. TTP is a potentially life-threatening condition that involves low blood platelet and red blood cell levels, and requires urgent referral to a specialist for prompt treatment once a diagnosis is suspected. Warning signs of TTP may include fever, unexplained confusion or weakness (due to a low blood count, what doctors call anemia). To make an accurate diagnosis, your doctor will need to order blood tests. TTP has been reported rarely, sometimes in less than 2 weeks after starting therapy.

Gastrointestinal Bleeding: There is a potential risk of gastrointestinal (stomach and intestine) bleeding when taking PLAVIX. PLAVIX should be used with caution in patients who have lesions that may bleed (such as ulcers), along with patients who take drugs that cause such lesions.

Bleeding: You may bleed more easily and it may take you longer than usual to stop bleeding when you take PLAVIX alone or in combination with aspirin. Report any unusual bleeding to your doctor.

Geriatrics: When taking aspirin with PLAVIX the risk of serious bleeding increases with age in patients 65 and over.

Stroke Patients: If you have had a recent TIA (also known as a mini-stroke) or stroke taking aspirin with PLAVIX has not been shown to be more effective than taking PLAVIX alone, but taking aspirin with PLAVIX has been shown to increase the risk of bleeding compared to taking PLAVIX alone.

Surgery: Inform doctors and dentists well in advance of any surgery that you are taking PLAVIX so they can help you decide whether or not to discontinue your PLAVIX treatment prior to surgery.

WHAT SHOULD I KNOW ABOUT TAKING OTHER MEDICINES WITH PLAVIX?

You should only take aspirin with PLAVIX when directed to do so by your doctor. Certain other medicines should not be taken with PLAVIX. Be sure to tell your doctor about all of your current medications (prescription or over-the-counter), especially if you are taking the following:

- aspirin
- nonsteroidal anti-inflammatory drugs (NSAIDs)
- warfarin
- heparin
- heartburn or stomach ulcer medicines, like Prilosec

Be sure to tell your doctor if you are taking PLAVIX before starting any new medication.

WHAT ARE THE COMMON SIDE EFFECTS OF PLAVIX?

The most common side effects of PLAVIX include gastrointestinal events (bleeding, abdominal pain, indigestion, diarrhea, and nausea) and rash. This is not a complete list of side effects associated with PLAVIX. Ask your doctor or pharmacist for a complete list.

HOW SHOULD I TAKE PLAVIX?

Only take PLAVIX exactly as prescribed by your doctor. Do not change your dose or stop taking PLAVIX without talking to your doctor first.

PLAVIX should be taken around the same time every day, and it can be taken with or without food. If you miss a day, do not double up on your medication. Just continue your usual dose. If you have any questions about taking your medications, please consult your doctor.

OVERDOSAGE

As with any prescription medicine, it is possible to overdose on PLAVIX. If you think you may have overdosed, immediately call your doctor or Poison Control Center, or go to the nearest emergency room.

FOR MORE INFORMATION

For more information on PLAVIX, call 1-800-633-1610 or visit www.PLAVIX.com. Neither of these resources, nor the information contained here, can take the place of talking to your doctor. Only your doctor knows the specifics of your condition and how PLAVIX fits into your overall therapy. It is therefore important to maintain an ongoing dialogue with your doctor concerning your condition and your treatment.

Distributed by:

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Bridgewater, NJ 08807

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CLO-BSC-SA-OCT09

Game Time!

After getting married, I became complacent and let my weight creep up. I coach a football team in New York City and at practices, I was always mortified because I couldn't keep up with my team. I was the short, pudgy guy next to these huge, muscular kids. Plus, I got so worn out that I always had to sit down before the end of practice.

I hated the way I looked. Just looking in the mirror was torture. I was so upset about my weight, I even tried a low-carb diet, but I was raised on macaroni—how could I commit to a life without pasta? **Finally, I accepted that I needed someone to teach me how to eat in a healthier way.** I checked out WW online and thought, "I'll try this."

My biggest problem was portion control—I'd actually eat until it was difficult for me to breathe. I used to consume a whole pound of pasta at dinner

and then have a pint of ice cream in front of the TV! Once I started tracking **POINTS** and writing down what I ate, it made me realize just how unhealthy I'd been. I actually liked counting **POINTS**—it was so much easier than counting calories. I also loved the competition factor: **Inputting my weight online and seeing the numbers on the graph go down each week was so motivating.**

Another bonus was discovering new foods: Until WW, I'd eaten only fried fish, but I discovered that I love grilled salmon and tilapia. I also learned to plan ahead—if I had a light breakfast and lunch, I could still eat out with the guys. As the weight came off, I also got more excited about exercising. Today, I run alongside my players. They work harder because they don't want the coach to outrun them in laps!

To Good Health!

Just walking two blocks uphill used to make me feel like I was going to have a heart attack. Now I run laps with my team.



Eddie Gazillo

Home New York

Age 37 Ht. 5'8"

Before 200 lbs.

Lost 44 lbs.

After 156 lbs.

How WW.com

PEOPLE FOLLOWING THE WEIGHT WATCHERS PLAN CAN EXPECT TO LOSE 1 TO 2 POUNDS PER WEEK.

"Even though I was the coach, I was too embarrassed to lift weights with the students. I knew I wasn't fit and needed to change."

Small Changes, Big Results

My struggles with my weight started in graduate school. At the time, I was working toward becoming a psychologist for patients with HIV. Between the sad stories of the patients and being stressed out from my classes, I turned to food to cope. My weight gain caused me to become very unhappy with my body. I tried to do something

To Good Health!

During a recent test for my health insurance coverage, they said I had the blood pressure and resting heart rate of an athlete!

about it—exercising and even walking a marathon—but **because I never changed my diet and continued to be an emotional eater, I couldn't lose the weight.**

My real wake-up call came when my dad was diagnosed with colon cancer. He had always

taken care of his family but had forgotten to take care of himself. I remember leaving his bedside to have dinner and wanting to eat an entire pizza to ease my grief and anger. **I finally realized that eating wasn't going to make him get better, or make me feel better.** That's when I joined WW online. I started slowly because small changes were all I felt I could handle at that time. I didn't want to treat food as the enemy, so I didn't have a "bad" foods list. Instead, I started eating more fresh fruits and vegetables and having salads before dinner. Most of all, I tried to eat mindfully and take a moment to appreciate my food before digging in.

Whenever I became overwhelmed and thought about eating to ease the pain, I'd browse the community boards and get motivated. I'm now an associate dean at a college of public health, so it feels good to practice what I preach. With my mind and body working together, I'm more effective in my job, my relationships, and my life.



Katharine Stewart

Home Arkansas

Age 51 Ht. 5'6"

Before 188 lbs.

Lost 52 lbs.

After 136 lbs.

How WW.com

PEOPLE FOLLOWING THE WEIGHT WATCHERS PLAN CAN EXPECT TO LOSE 1 TO 2 POUNDS PER WEEK.

"I hated that I turned to food when I was upset. I needed to learn to deal with my feelings without overeating."



Walking with a partner can help
smooth the way.

Especially if that partner is JOHNSON'S® Baby Powder. Its lightweight formula helps absorb excess moisture and reduces skin friction, so you'll feel fresh, cool and comfortable all the way to the finish line.

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Cami Bunting

Home New York

Age 52 Ht. 5'2"

Before 139 lbs.

Lost 20 lbs.

After 119 lbs.

How WW Meetings

PEOPLE FOLLOWING THE WEIGHT WATCHERS PLAN CAN EXPECT TO LOSE 1 TO 2 POUNDS PER WEEK.



"I knew I needed to get healthy. But when I saw a photo of myself, it was a real wake-up call!"

From Frumpy to Fab

I was about to turn 46, and I had 20 extra pounds that I just couldn't lose. I was so sick of feeling frumpy and matronly. Although I knew better than to try fad diets, I'd still restrict myself to boring foods and instead of eating what I craved as an afternoon snack (chocolate!), I'd make do with baby carrots. **Predictably, every time I started a diet on Monday, I'd give up by Thursday.**

My friend kept nagging me to go to a WW meeting, so I finally joined to make her happy. I'd heard of WW, but I just assumed it was for people who had a lot more weight to lose.

"Another failed diet," I thought as I walked in. Then the very next day, my friends threw me a surprise birthday party, and I couldn't say no to a piece of cake. When I got home, I calculated that it had **12 POINTS** values.

Discouraged, I deducted them from my weekly allowance, but then worked hard to stick to the plan. When I lost at my next weigh-in, I was shocked!

I finally understood that budgeting POINTS values was just like budgeting money—something I'm very good at. It had never occurred to me that I could splurge on a special item, then make up for it later with healthier food choices. That was a huge turning point for me; it made me realize I could do this.

The day after I reached goal, my family and I moved to New York City, where my husband is a preacher at a church. A year later I became a Leader. Today I'm constantly looking for new practical, effective strategies that I can pass on to my members. They keep me honest!

To Good Health!

My typical topic of conversation used to be discussing my aches and pains. Now I chat about all of the activities I love!

These members lost big—and so can you! Turn to pg. 40 to learn the tricks that got them there.



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All-Star Secrets

These amazing members share the tips that helped them strike weight-loss gold!



Healthy log in

I changed my online user name to "Strong and Smart." Now, I feel re-inspired every time I log on! —Katharine



Pour it on Balsamic vinegar is my favorite flavoring. I use it on pasta instead of heavy cream, or in canned tuna instead of mayo. —Eddie

"If a pasta or soup recipe calls for cheese, I sprinkle it sparingly on top instead, where I'll taste it more. —Cami"



Slow-cooked salsa

I mix raw chicken with salsa and slow-cook it on low for eight hours. I add a packet of taco seasoning in the final half hour and serve it with quinoa, tortillas, or black beans. It's a crowd-pleaser! —Karen

PHOTOGRAPHY: MASTERFILE (MOUSE); JAVIER ORTEGA/CORBIS (SALSA); GETTY IMAGES (VINEGAR)



Is it possible to crave wellness? Introducing Quaker® Dark Chocolate Mocha Hazelnut Café Squares. A good source of iron, fiber* and of course, calcium.



*Contains 3.5 grams of total fat per serving.



Think big
I keep full-size peppermint patties in my freezer and occasionally have one for dessert. If I buy the small ones, I actually end up eating more. —Cami



Chase the kids
I'm teaching my kids to ride a bike—running alongside them is great exercise! —Eddie

"I hired a personal trainer for just a few sessions. It gave me the confidence to use machines that intimidated me before. —Karen"



Sip as you sauté
I sip a tall glass of water while I cook dinner. It fills me up and keeps me from grazing. —Katharine

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PHOTOGRAPHY: MARK LEIBOWITZ/MASTERFILE.

Tooth Time New research points to proper oral hygiene as essential for good overall health. A smart first step? Brush for the full dentist-recommended two minutes. (Women average just one minute; men 45 seconds!) Use an electric brush with a timer—or move your kitchen timer into the loo.

 **Curb** stress. Untamed tension can put you at higher risk for oral-health problems because you're more likely to clench or grind teeth.

 **Floss** well. Healthy gums may help prevent heart disease. For an effective floss, don't just slide string between teeth—scrape the sides of each tooth.

 **Tea** off. Studies suggest that the polyphenols in green and black tea may help reduce plaque buildup (not to mention fight infections)—so drink up!

New truths about SPF



MYTH When selecting a sunscreen, SPF matters most.

TRUTH SPF indicates only protection from UVB rays, which cause burns, not protection from UVA rays, which penetrate deeper and are associated with skin cancer and premature aging. So make sure your sunscreen label says "broad-spectrum" or "multi-spectrum."

MYTH You don't have to reapply waterproof or sweat-proof sunscreens.

TRUTH Regardless of the claims on their labels, all sunscreens must be reapplied every two hours. Why? Their active ingredients begin to break down when exposed to sun. Plus, if you get wet or sweat, even the more durable formulas can wash away.

MYTH Makeup with an SPF of 30 or more fully protects against harsh rays.

TRUTH Despite their SPF, many cosmetics don't protect against UVA rays. Also, most people don't apply enough makeup to get adequate protection against UVB rays. So first put on a daily moisturizer with SPF 30 and broad-spectrum protection, then apply your makeup—and consider it a bonus layer of defense from the sun.

EXPERT: FRANCESCA FUSCO, M.D., ASSISTANT CLINICAL PROFESSOR OF DERMATOLOGY AT MOUNT SINAI MEDICAL CENTER

SUSPICIOUS MOLES? Track your spots with a new body-mole map from the American Academy of Dermatology. You can download the do-it-yourself tool now at melanomamonday.org.

WHAT'S UP WITH... EDIBLE SUNBLOCK?

THE CLAIM The latest sunblocks are a tough pill to swallow—literally: **A line of products in pill form promises to enhance the strength of your favorite topical sunscreen.**

THE REAL DEAL The verdict is still out as to whether these capsules (sold online and at some spas) can prolong the life of sunscreen. Instead, try Daily Sun Defense SPF 20 with zinc oxide that goes on sheer—not clown white!

SKINCEUTICALS, \$37, SKINCEUTICALS.COM

Bruise Clues

A dark or discolored toenail might not seem like cause for alarm, since something as harmless as stubbing your toe or wearing ill-fitting shoes can cause nail bruising. **However, in rare instances, a discoloration resembling a bruised nail could actually be a sign of melanoma**—a deadly skin cancer. What's more, this atypical cancer often goes undetected until it reaches a more advanced stage. Here's how to tell the difference: Bruised nails commonly have a blue spot with a reddish hue, while melanomas are usually shades of brown or black and extend to the cuticle. **Bottom line:** If you can't connect the bruise to a specific injury, or if skin cancer runs in your family, seek a dermatologist's advice within a few weeks of noticing any discoloration.



EXPERTS: DORIS DAY, M.D., CLINICAL ASSISTANT PROFESSOR OF DERMATOLOGY AT NEW YORK UNIVERSITY MEDICAL CENTER; MONA GOHARA, M.D., ASSISTANT PROFESSOR OF DERMATOLOGY AT YALE SCHOOL OF MEDICINE.

PHOTOGRAPHY: MASTERFILE (WOMAN); JUPITERIMAGES (FEET).



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Garlic & Herb Lemon Chicken

Prep Time: 10 minutes Cook Time: 20 minutes

1/4 cup flour

1 tbsp. McCormick® Perfect Pinch® Garlic & Herb Seasoning

1 lb. thinly sliced boneless skinless chicken breast halves

2 tbsp. oil

1 cup chicken broth

1 tbsp. lemon juice

1 tbsp. chopped fresh parsley

MIX flour and Seasoning in shallow dish. Reserve 1 tablespoon. Moisten chicken lightly with water. Coat evenly with remaining flour mixture.

HEAT oil in large nonstick skillet on medium heat. Add 1/2 of the chicken; cook 3 minutes per side or until golden brown. Repeat with remaining chicken, adding additional oil if needed. Remove chicken from skillet; keep warm.

MIX broth, lemon juice and reserved flour mixture. Add to skillet; bring to boil, stirring to release browned bits in skillet. Stirring frequently, cook 5 minutes or until sauce is slightly thickened. Spoon over chicken. Sprinkle with parsley.

Makes 4 servings.

For more great-tasting recipes, visit perfectpinch.com



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ME.P

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-Jennifer Hudson

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Brain Games

A new crop of memory-related research offers some fun—and surprising—ways to keep your power of recall razor-sharp.

Play for keeps Are the kids driving you crazy with their video game obsession? New research is proving you might want to consider joining the fun: In a recent study conducted in Sweden, older adults (average age: 65) played the same computer games as participants in their 20s.

Challenges included reproducing a series of light flashes and repeating numbers in the opposite order than they were given. After just five weeks, the seniors scored as well on the games as the young guns had at the outset, leading researchers to conclude that **learning and memory games may improve cognitive function.**

Still not interested in gaming? Kick it old-school and tackle chess, Sudoku, or crosswords. All these activities have also been shown to strengthen the formation of new connections between neurons, which may improve memory.

Be social Looking for another way to increase brainpower? Being a social butterfly can help. The results of a 2008 study by the Harvard School of

CAN YOU FLOSS AWAY MEMORY LOSS?

The experts are divided on whether it's possible to stave off the symptoms of dementia. Still, some promising new research suggests taking care of your teeth may lower your odds of developing them. Why? **The same bacteria that destroys gums and teeth may also increase your risk of dementia.** A 2009 study by the University of West Virginia reinforced earlier findings linking gum disease with mild to moderate memory loss. Researchers are not certain whether the culprit is the bacteria or the body's inflammatory response to it. Yet another reason to break out the floss and schedule regular checkups.

EXPERT: ELIZABETH EDGERLY, PH.D., CHIEF PROGRAM OFFICER OF THE ALZHEIMER'S ASSOCIATION OF NORTHERN CALIFORNIA AND NORTHERN NEVADA.

PHOTOGRAPHY: PANDO HALL/GETTY IMAGES.

LOOKING FOR REAL OSTEOARTHRITIS KNEE PAIN RELIEF? THIS IS THE ONE



Synvisc-One® (hylan G-F 20) FREE Knee Pain Relief Kit

Call toll-free 1-888-695-7684 or
visit www.SynviscOne.com/ReliefNow

Please see important Patient Information on the next page.

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SONE-00389.A 03/2010

WW0551

THE ONLY ONE INJECTION treatment that can give you up to 6 months of knee pain relief.

Don't let osteoarthritis of the knee control your life. If you aren't getting enough pain relief from diet, exercise and over-the-counter pain relievers, talk to your doctor about whether Synvisc-One may be right for you.

Synvisc-One:

- Lubricates and cushions your knee with just one injection
- Is made from a natural substance similar to healthy joint fluid
- Doesn't have the serious side effects associated with many pain pills
- Is covered by Medicare and most insurance plans

Call toll-free or mail back the attached card to get a FREE Knee Pain Relief Kit to learn more.

Synvisc-One® (hylan G-F 20) is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative non-pharmacologic therapy and simple analgesics, e.g., acetaminophen.

Important Safety Information

Before trying Synvisc-One, tell your doctor if you have had an allergic reaction to SYNVISC or any hyaluronan-based products; or if you have an infected knee joint, skin disease or infection around the area where the injection will be given, or circulatory problems in the legs. Synvisc-One is only for injection into the knee, performed by a doctor or other qualified health care professional. Synvisc-One has not been tested to show pain relief in joints other than the knee. Tell your doctor if you are allergic to products from birds – such as feathers, eggs or poultry – or if your leg is swollen or infected. Synvisc-One has not been tested in children, pregnant women or women who are nursing. You should tell your doctor if you think you are pregnant or if you are nursing a child. Talk to your doctor before resuming strenuous weight-bearing activities after treatment.

The side effects (also called reactions) sometimes seen after any injection into the knee, including Synvisc-One, include (<2% each): pain, swelling, heat, redness, and/or fluid build-up in or around the knee. These reactions were generally mild and did not last long, but in rare occasions these side effects were more severe. The most commonly occurring adverse events outside of the injected knee were headache, back pain, sore throat, the flu and faintness. Allergic reactions such as rash and hives have been reported rarely in association with SYNVISC.



Patient Information

Be sure to read the following important information carefully. This information does not take the place of your doctor's advice. If you do not understand this information or want to know more, ask your doctor.

Glossary of Terms

Hyaluronan (pronounced hy-al-u-ROE-nan): is a natural substance that is present in very high amounts in joints. It acts like a lubricant and a shock absorber in the joint and is needed for the joint to work properly.

Non-steroidal anti-inflammatory drugs: also known as "NSAIDs"; medication used to treat pain or swelling. There are many examples of NSAIDs, including (but not limited to) aspirin and ibuprofen. Some of these are over-the-counter drugs, and some can be obtained only by prescription.

Osteoarthritis (pronounced OS-te-o-arth-RI-tis): (OA) is a type of arthritis that involves the wearing down of cartilage (the protective covering on the ends of your bones) and loss of cushioning fluid in the joint.

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What is the Synvisc-One® product?

Synvisc-One is a gel-like mixture that comes in a syringe containing 6 mL (1 1/2 teaspoon) and is injected into your knee. It is made up of hylan A fluid, hylan B gel, and salt water. Hylan A and hylan B are made from a substance called hyaluronan (pronounced hy-al-u-ROE-nan), also known as sodium hyaluronate that comes from chicken combs. Hyaluronan is a natural substance found in the body and is present in very high amounts in joints. The body's own hyaluronan acts like a lubricant and a shock absorber in the joint and is needed for the joint to work properly.

How is the Synvisc-One® product used? (Indications)

The FDA-approved indication for Synvisc-One is: Synvisc-One is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative nonpharmacologic therapy and simple analgesics, e.g., acetaminophen.

How is the Synvisc-One® product given?

Your doctor will inject Synvisc-One into your knee.

Are there any reasons why I should not receive a Synvisc-One® injection? (Contraindications)

- Your doctor will determine if there is any reason why you are not an appropriate candidate for Synvisc-One. You should be aware that Synvisc-One:
- Should not be used in patients who have had any prior allergic reactions to Synvisc, Synvisc-One or any hyaluronan-based products. Signs of an allergic reaction may include swelling of your face, tongue, or throat; difficulty breathing or swallowing; shortness of breath; wheezing; chest pain; a tightness in your throat; sleepiness; rash; itching; hives; flushing; and/or fever.
 - Should not be used in patients with a knee joint infection, skin disease or infection around the area where the injection will be given, or circulatory problems in the legs.

What should my doctor warn me about?

- The following are important treatment considerations for you to discuss with your doctor and understand in order to help avoid unsatisfactory results and complications:
- Synvisc-One is only for injection into the knee, performed by a doctor or other qualified health care professional. Synvisc-One has not been tested to show pain relief in joints other than the knee.
 - Synvisc-One has not been tested to show better pain relief when combined with other injected medicines.
 - Tell your doctor if you are allergic to products from birds such as feathers, eggs, and poultry.
 - Tell your doctor if you have significant swelling or blood clots in the leg.
 - Synvisc-One has not been tested in pregnant women, or women who are nursing. You should tell your doctor if you think you are pregnant, or if you are nursing a child.
 - Synvisc-One has not been tested in children (<21 years of age).

What are the risks of getting a Synvisc-One® injection?

The side effects (also called reactions) sometimes seen after any injection into the knee, including Synvisc-One, include: pain, swelling, heat, redness, and/or fluid buildup around the knee. These reactions are generally mild and do not last long. Reactions are generally treated by resting and applying ice to the injected knee. Sometimes it is necessary to give pain relievers by mouth such as acetaminophen or NSAIDs, or to give injections of steroids, or to remove fluid from the knee joint. Patients rarely undergo arthroscopy (a surgical inspection of the knee joint) or other medical procedures related to these reactions.

Other side effects seen with Synvisc or Synvisc-One are: rashes, hives, itching, muscle pain/cramps, flushing and/or swelling of your face, fast heartbeat, nausea (or feeling sick to your stomach), dizziness, fever, chills, headache, difficulty breathing, swelling in your arms and/or legs, prickly feeling of your skin, and in rare cases a low number of platelets in the blood (platelets are a type of blood cell that are needed to help your blood clot when you are cut or injured). Rare cases of knee joint infection have been reported. If any of the above side effects or symptoms appear after you are given Synvisc-One, or if you have any other problems, you should call your doctor.

What are the benefits of getting a Synvisc-One® injection?

As shown in a medical study of 253 patients with osteoarthritis (OA) of the knee, where approximately half received either a single injection of Synvisc-One or an injection of the same volume of salt water (a "Saline Control" injection), the major benefits of Synvisc-One are pain relief and improvement in other symptoms related to OA of the knee.

What do I need to do after I get a Synvisc-One® injection?

It is recommended you avoid strenuous activities (for example, high-impact sports such as tennis or jogging) or prolonged weight-bearing activities for approximately 48 hours following the injection. You should consult your doctor regarding the appropriate time to resume such activities.

What other treatments are available for OA?

If you have OA, there are other things you can do besides getting Synvisc-One. These include:

Non-drug treatments

- Avoiding activities that cause knee pain
- Exercise or physical therapy
- Weight loss
- Removal of excess fluid from your knee

Drug therapy

- Pain relievers such as acetaminophen and narcotics
- Drugs that reduce inflammation (signs of inflammation are swelling, pain or redness), such as aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs, for example ibuprofen and naproxen)
- Steroids that are injected directly into your knee

When should I call my doctor? (Troubleshooting)

If any of the side effects or symptoms described above appear after you are given Synvisc-One, or if you have any other problems, you should call your doctor.

What did the clinical studies show?

A study was conducted in 6 countries outside the United States with 21 physicians. The patients in the study had mild to moderate knee OA, moderate to severe pain, and did not have sufficient relief of their pain and symptoms with medications taken by mouth.

A total of 253 patients in the study were assigned by chance to receive either a single injection of Synvisc-One (n=123 patients), or an injection of the same volume of salt water (a "Saline Control" injection) (n=130 patients). Neither the patients nor the doctors evaluating them knew which treatment they received. Any fluid that was present in the patient's knee was removed before the injection. The patients were seen by their doctor at standard times over 6 months. Information was collected about how much pain they were experiencing doing various types of activities, how much they were limited in their daily activities by their OA, and on their overall condition. Their doctor also provided an overall rating of their OA.

The main measure of the study was how much pain the subjects had doing five common types of activities over the 6 months duration of the study. Daily activity limitations and overall evaluations were also compared between the group of patients receiving Synvisc-One injection and the group receiving salt water injection. The study showed that patients receiving Synvisc-One had significantly less pain over 6 months, and felt significantly better than the patients who received the salt water injections. The difference in pain score reduction from baseline to 6 months between the Synvisc-One and salt water control injection was 0.15 out of a 5 point scale for the measurement of OA pain in the knee.

What adverse events were observed in the clinical study?

The following are the most common adverse events that occurred during the clinical trial of Synvisc-One:

- Pain in the knee or at the injection site
- Stiffness, swelling or warmth in or around the knee
- Changes in the way that you walk (e.g., limping)

Severe adverse events were not observed in the Synvisc-One trial. Joint infections did not occur in the injected knee in the Synvisc-One clinical trial. The most commonly occurring adverse events outside of the injected knee were headache, back pain, sore throat and the flu. One patient had a single episode of feeling faint.

How do I get more information about the Synvisc-One® product? (User Assistance)

If you have any questions or would like to find out more about Synvisc-One, you may call Genzyme Biosurgery at 1-888-3-SYNVISC (1-888-379-6847) or visit www.synvisc.com.

Manufactured and Distributed by:

Genzyme Biosurgery
A division of Genzyme Corporation
1125 Pleasant View Terrace
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SONE-00058.C 03/2010



Public Health suggest that **seniors who socialize the most have the slowest rate of memory decline.**

Who fares best? Married couples, volunteers, and those who have frequent contact with children, friends, or neighbors. So join a book group or bowl with your besties to help keep your own brain challenged.

Eat green, drink blue

You know that bulking up on filling greens is a key part of a healthy weight-loss plan, but could the green giants also boost your brainpower? Preliminary research suggests that **antioxidant- and vitamin B-rich veggies can help keep your brain sharp—in middle age and beyond.**

In a ten-year study conducted on women, those who ate at least four cups of spinach, romaine lettuce, kale, and other leafy greens a week performed better on cognitive tests than those who ate less. **If you prefer your memory boost in liquid form, try blueberry juice.** Seniors who took part in a recent study showed significant improvement on learning and memory tests after drinking five cups of blueberry juice a day for two months. The results suggest that the concentrated amounts of vitamins and antioxidants found in the juice are beneficial for brain health—a great reason *not* to be blue.

Weight up! Want to keep your decision-making skills sharp as you age? Hit the weight room. Scientists in British Columbia recently found that **doing an hour or two of strength-training exercises per week may enhance your decision-making ability.** The study's researchers pitted a group of women who strength-trained for one year against a second group who did balance and toning exercises. In addition to making decisions more easily, the strength-trainers excelled at resolving conflicts. So grab a light set of dumbbells and get lifting!



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Ginger Aid



We get to the root of the many ways this Asian native may boost your health.

If you've ever sipped ginger tea for a queasy stomach, then you're familiar with one of the health claims of this root. However, until recently, there was little scientific proof of ginger's stomach-calming properties. Now, new studies conducted on concentrated forms of the root (like the ginger capsules or extracts that are sold at

The rhizome—aka gingerroot—is rich in nutrients such as potassium, magnesium, calcium, and zinc.

health food stores) suggest that its soothing powers are more than old wives' tales.

The preliminary research indicates that **compounds in gingerroot have been found to relax stomach muscles.** Also, regardless of the form (capsule, tea, fresh, etc.) you ingest it in, ginger is easily absorbed by the body, which adds to its potency. Research suggests that there are other surprising ways this herb

can soothe and heal. For instance, **ginger may help prevent postoperative and chemotherapy-induced nausea.** In fact, a 2009 study on cancer patients at the University of Rochester Medical Center indicates ginger supplements may reduce post-chemo nausea by as much as 40 percent when taken along with standard anti-nausea drugs before treatment.

In addition, **scientists have studied ginger's effectiveness in easing the symptoms of morning sickness.** Two small studies recently reported that pregnant women who took ginger capsules felt less nauseated and experienced fewer vomiting spells than those who were given placebos.

Ginger may have a pain-fighting role too: **Recent research found that the root may help relieve osteoarthritis (OA) pain, by possibly reducing inflammation.** In one study, those who suffered from OA of the knee and received a ginger extract twice daily experienced less pain than those who received placebos. However, more research is needed to confirm the study's outcome.

SLICE & DICE

To reap the full nutritional benefits ginger has to offer, make sure to pick up a fresh root at the market rather than using dried or ground varieties. Here, some tips on selecting and storing this pantry must-have.

■ **Choose** ginger that has a firm texture and unwrinkled skin. (Wrinkles mean the root is past its prime.) For the mildest flavor, look for young ginger: It has no skin at all, and thus needs no peeling; it can be found at most Asian markets in the spring months only.

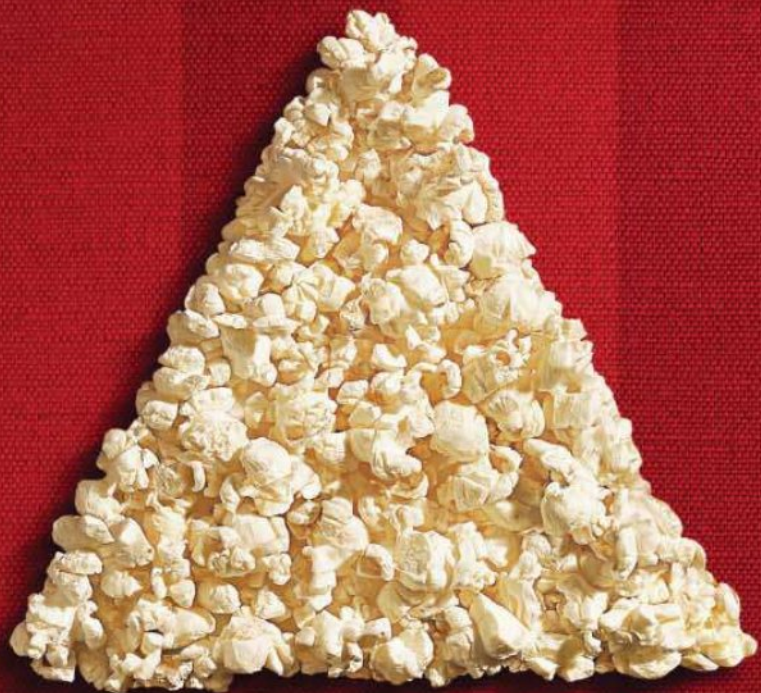
■ **Keep** peeled ginger up to 3 weeks in a zip-close bag inside your refrigerator's vegetable crisper.

■ **Freeze** peeled, pre-cut ginger in a zip-close bag for up to 6 months.

PHOTOGRAPHY: MASTERFILE.

**These two triangles each have
the same amount of calories.**

**Without phoning a friend,
which one is bigger?**



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PHOTOGRAPHY: RITA MAAS; RECIPES: JEAN GALTON.

Cool as a Cuke Need seedless cucumbers for a recipe? If you can't find the English variety (which are almost seedless), seed regular cucumbers yourself: Slice a peeled cuke lengthwise in half. With the tip of a spoon, gently scrape out the seeds from one half, taking care not to break the cuke. Repeat.

Use any extra peeled cucumber right away. Why? Cucumber starts to oxidize and turn soggy immediately after peeling.

Add a decorative touch to cucumber salad. Run the tines of a fork, penetrating the peel, along the length of a cucumber; cut into rounds.

Slice cucumbers and mix with dill and low-fat or fat-free sour cream for a tasty dip or an accompaniment to cold poached salmon.

Perfect Little Paella

Whip up the Spanish classic for two—no crowd (or lengthy ingredient list) required.

Pint-Size Paella **B**

PREP 20 MIN **COOK/BAKE** 30 MIN **SERVES** 2

2 (¼-lb) skinless boneless chicken thighs, halved
1 small onion, chopped
1 large garlic clove, crushed through a press
¾ tsp smoked paprika
¼ tsp salt
¾ c low-sodium chicken broth

2 fresh baby artichokes, trimmed and quartered
¼ lb fresh green beans, trimmed
1½ c shelf-stable cooked brown rice (from 8.8-oz bag)
½ c roasted red bell pepper, cut into thin strips

1 Preheat oven to 425°F. Spray 2 (2- to 3-c) shallow baking dishes with nonstick spray.

2 Spray medium nonstick skillet with nonstick spray and set over medium-high heat. Add chicken and cook until browned, about 3 minutes. Turn chicken; sprinkle onions around chicken. Cook, stirring onions, until chicken is browned, about 3 minutes. Stir in garlic, paprika, and salt. Add broth and bring to boil, scraping up browned bits from bottom of skillet. Stir in artichokes; cover and simmer 10 minutes. Stir in green beans; cover and simmer until the vegetables are tender, 6–8 minutes. Stir in rice and roasted peppers.

3 Divide paella between baking dishes. Bake until bubbling, 8 minutes. This recipe works with the Simply Filling technique.

PER SERVING (2 CUPS): 412 CAL, 11 G FAT, 3 G SAT FAT, 0 G TRANS FAT, 70 MG CHOL, 494 MG SOD, 47 G CARB, 12 G FIB, 32 G PROT, 88 MG CALC. **POINTS VALUE: 8.**



For tips on cooking and storing all kinds of rice, go to weightwatchers.com/ricetips.

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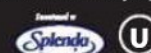
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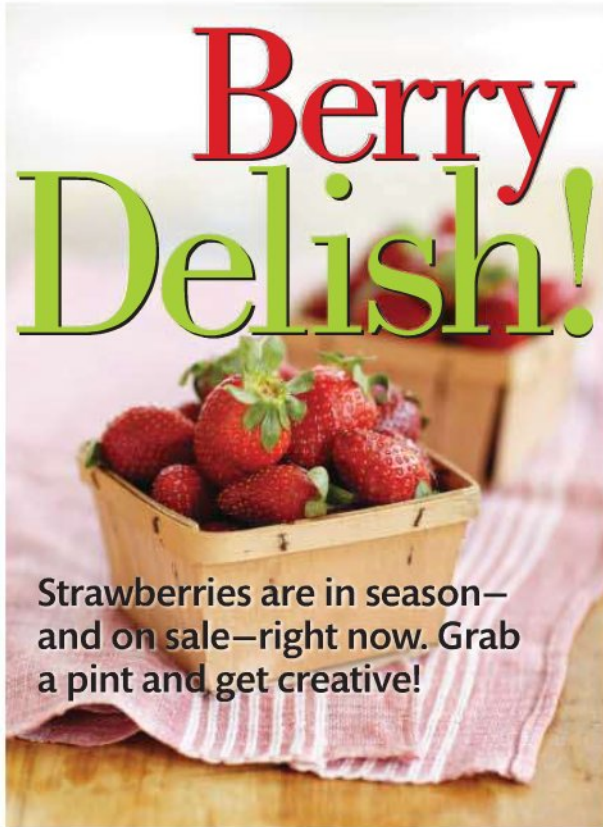
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Berry Delish!

Strawberries are in season—and on sale—right now. Grab a pint and get creative!



Strawberry Pinwheels

Strawberry-Quinoa Salad



Chocolate-Dipped Strawberries

Strawberry Pinwheels **B**

PREP 10 MIN **COOK** NONE **SERVES** 4

- 4 (8-inch) whole grain tortillas
- 4 Tbsp low-fat garlic-and-herb spreadable cheese
- ½ lb fresh strawberries, hulled and sliced
- 6 oz sliced low-sodium ham, cut into thin strips
- 2 c shredded iceberg or romaine lettuce

- 1 Spread each tortilla with 1 Tbsp cheese, leaving ½-inch border.
- 2 Divide strawberries and ham evenly among tortillas; top each tortilla with ½ c lettuce and roll up.
- 3 Cut each roll crosswise into 4 pieces to make total of 16 pinwheels. Arrange pinwheels, cut side up, on serving plate.

PER SERVING (4 PINWHEELS): 201 CAL, 6 G FAT, 3 G SAT FAT, 0 G TRANS FAT, 32 MG CHOL, 672 MG SOD, 24 G CARB, 4 G FIB, 14 G PROT, 80 MG CALC. **POINTS VALUE:** 4.

BERRY SMART

Want to enjoy fresh strawberries at their bountiful best? Keep these helpful hints handy:

- **Select** strawberries with a bright, glossy appearance and deep red color. Avoid berries with signs of spoilage (i.e., shriveling, mushiness, or dullness).
- **Refrigerate** unwashed strawberries in their closed plastic container (or place pick-your-own berries in a partially opened plastic bag) in the crisper drawer up to 1 week.
- **Rinse** strawberries under cold running water just before using. Drain. (Refrigerating washed berries will add excess moisture, causing them to spoil more rapidly.)
- **Remove** the strawberry hull (leafy green top) with the tip of a small knife. Or, insert one end of a plastic drinking straw into the pointed end of a berry and push it through the hull end.

Chocolate-Dipped Strawberries **I**

PREP 15 MIN **MICROWAVE** 70 SEC **SERVES** 4

- ½ c mini-chocolate chips
- 1½ tsp orange-flavored liqueur
- 1½ tsp water
- 8 large strawberries
- 2 Tbsp white chocolate chips

- 1 Line large rimmed baking sheet with wax paper. Mix mini-chocolate chips, liqueur, and water in small microwavable bowl. Microwave on Medium 30 seconds; whisk until chocolate is melted and smooth.
- 2 Hold 1 strawberry by hull, dip halfway into chocolate, and set on wax paper. Repeat with remaining strawberries and chocolate.
- 3 Put white chocolate in another small microwavable bowl. Microwave on Medium 40–45 seconds, stirring once halfway through microwaving time. Whisk until smooth. Dip fork in white chocolate; drizzle over berries. Refrigerate until chocolates harden, 1 hour. Serve chilled.

PER SERVING (2 DIPPED STRAWBERRIES): 134 CAL, 7 G FAT, 4 G SAT FAT, 0 G TRANS FAT, 1 MG CHOL, 7 MG SOD, 18 G CARB, 2 G FIB, 1 G PROT, 22 MG CALC. **POINTS VALUE:** 3.

Strawberry-Quinoa Salad **B**

PREP 10 MIN **COOK** 15 MIN **SERVES** 4

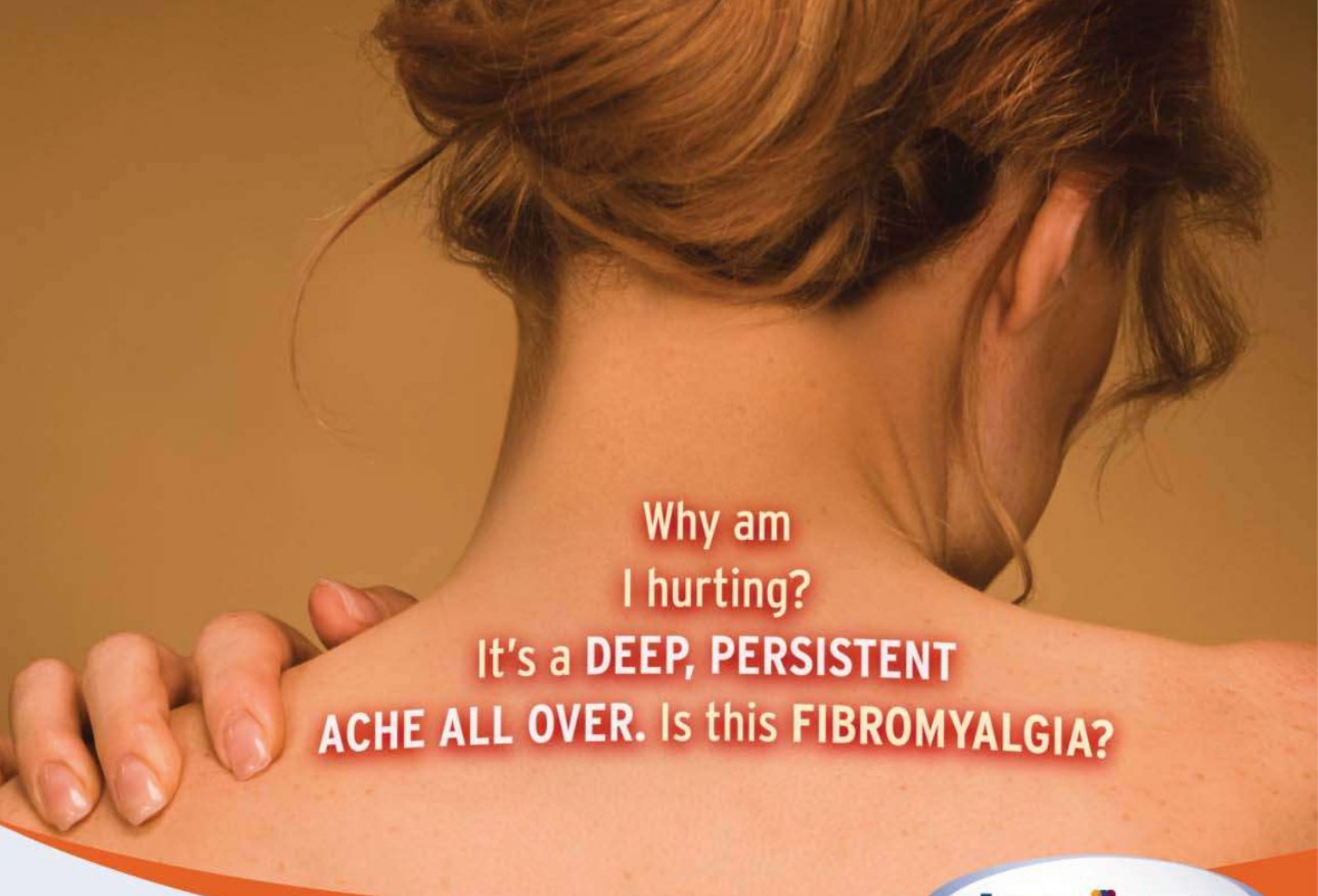
- 1 c quinoa, rinsed
- 3 c whole strawberries, hulled (halved or quartered if large)
- 1 cucumber, peeled, seeded, and diced
- ½ c low-fat sesame-ginger dressing
- 1 (5-oz) container baby arugula salad blend

- 1 Cook quinoa according to package directions. Transfer to large bowl and let cool completely, about 20 minutes. Stir in strawberries, cucumber, and ¼ c dressing.
- 2 Combine salad blend and remaining ¼ c dressing in another large bowl; toss to coat.
- 3 Divide salad blend among 4 plates; top each with equal amounts of strawberry mixture.

PER SERVING (2¼ CUPS): 227 CAL, 5 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 378 MG SOD, 40 G CARB, 6 G FIB, 8 G PROT, 94 MG CALC. **POINTS VALUE:** 4.

FILLING EXTRA For more crunch and color, add 1 diced yellow or orange bell pepper with the strawberries in step 1.

For another strawberry recipe, see Notebook, p. 116.



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I hurting?
It's a **DEEP, PERSISTENT**
ACHE ALL OVER. Is this FIBROMYALGIA?

Relief can start here.

LYRICA
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Fibromyalgia is chronic, widespread muscle pain that makes daily tasks difficult. If you're experiencing this pain, **talk to your doctor about prescription Lyrica and visit www.lyrica.com today.**

Fibromyalgia is thought to be the result of **overactive nerves** that cause chronic, widespread pain.

Lyrica is FDA-approved to **help relieve Fibromyalgia pain.** It's not an antidepressant.

Clinical studies have shown that **Lyrica provides significant relief in as early as one week** for some patients.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-5-LYRICA (1-888-559-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS



(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.

Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.

This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.

Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:

- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:

- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.

LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:

- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:

- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to www.lyrica.com or call 1-866-459-7422 (1-866-4LYRICA).

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call 1-866-706-2400 or visit www.PfizerHelpfulAnswers.com.



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Rx only

Soy Good!

Summer is just around the corner, so lighten up—and lose the meat—with these fresh, freezer-friendly dishes.

Thai Tofu Steaks **B**

PREP 20 MIN **COOK** 20 MIN **SERVES** 4

- 1 (14-oz) package extra-firm tofu, drained and cut into 4 slices
- ½ tsp salt
- 4 shallots, thinly sliced
- 1 Tbsp grated peeled fresh ginger
- 2 garlic cloves, minced
- 2 tsp red curry paste
- 1 (14½-oz) can vegetable broth
- ¾ c light coconut milk
- 1 Tbsp packed brown sugar
- ¾ lb fresh string beans, trimmed
- ½ lb carrots, thinly sliced
- ½ c fresh basil leaves, thinly sliced
- 1 lime, cut into 4 wedges

1 Spray ridged grill pan with nonstick spray and set over medium-high heat until hot, about 5 minutes.

2 Meanwhile, press tofu between 2 layers of doubled paper towels. Sprinkle slices with ¼ tsp salt; spray both sides with nonstick spray.

3 Add tofu to pan and cook until browned, 4–5 minutes per side. Transfer to shallow 2-quart microwavable casserole.

4 Spray Dutch oven with nonstick spray and set over medium heat. Add shallots and cook, stirring, until softened. Add ginger, garlic, curry paste, and remaining ¼ tsp salt; cook, stirring, 30 seconds. Stir in vegetable broth, coconut milk, and

brown sugar; bring to boil. Simmer, stirring, until flavors are blended, 5 minutes. Stir in string beans and carrots; return to boil. Simmer until vegetables are tender, 8 minutes.

5 Pour vegetable mixture over tofu. Cover with plastic wrap, then foil, and freeze up to 1 month. To serve, remove foil and turn back plastic wrap to vent. Microwave on Defrost until thawed, 10–11 minutes. Microwave on High until hot, 8–9 minutes. Top with basil and serve with lime wedges.

PER SERVING (1 SLICE TOFU WITH 1½ CUPS VEGETABLES): 234 CAL, 11 G FAT, 3 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 817 MG SOD, 27 G CARB, 6 G FIB, 13 G PROT, 253 MG CALC. **POINTS VALUE: 5.**



PHOTOGRAPHY: MIHA MATEL



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get cooking freeze



REHEAT HINT If the soup is too thick before serving, stir in another $\frac{1}{4}$ c water.

Spicy Tempeh-Peanut Soup **B**

PREP 20 MIN **COOK** 35 MIN **SERVES** 6

- | | |
|--|--|
| 1 (8-oz) package three-grain tempeh, cut into $\frac{1}{2}$-inch cubes | 1 (14½-oz) can fire-roasted diced tomatoes |
| 1 onion, chopped | 1 (14½-oz) can low-sodium chicken or vegetable broth |
| 1 red bell pepper, diced | 1½ c water |
| 1 yellow bell pepper, diced | 1 large zucchini, cut into $\frac{1}{2}$-inch pieces |
| 3 large garlic cloves, minced | $\frac{1}{4}$ c low-fat peanut butter |
| 2 tsp grated peeled fresh ginger | 2 Tbsp chopped fresh cilantro or flat-leaf parsley |
| $\frac{1}{2}$ tsp cayenne | |
| $\frac{1}{2}$ tsp salt | |
| $\frac{1}{2}$ lb red potatoes, diced | |

1 Spray medium nonstick skillet with nonstick spray and set over medium heat. Add tempeh and cook, turning frequently, until browned, about 8 minutes. Transfer to plate.

2 Spray Dutch oven with nonstick spray and set over medium heat. Add onion and bell peppers; cook, stirring occasionally, until softened, about 5 minutes. Stir in garlic, ginger, cayenne, and salt until blended. Add potatoes, tomatoes, broth, and water; cover and bring to boil. Reduce heat and simmer 10 minutes. Stir in zucchini and simmer, uncovered, until potatoes and zucchini are tender, about 10 minutes. Stir in peanut butter until blended.

3 Transfer soup to 12-c freezer container and let cool completely. Cover and freeze up to 2 months. To serve, let soup thaw in refrigerator overnight. Transfer to Dutch oven and bring to boil. Reduce heat; cover and simmer, stirring occasionally, until heated through, about 10 minutes. Serve sprinkled with cilantro.

PER SERVING (ABOUT 1½ CUPS): 225 CAL, 9 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 396 MG SOD, 27 G CARB, 7 G FIB, 14 G PROT, 82 MG CALC. **POINTS VALUE:** 4.

For more tofu and tempeh info, see Notebook, p. 118.



A handful of no regrets. Want a simple snack without the guilty aftertaste? Make sure heart-smart, nutrient-rich California Almonds are always within reach. Just a handful a day can help you maintain healthy cholesterol levels. Learn more about the power of a handful at **AlmondBoard.com**



Good news about almonds and heart health Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

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Give Peas a Chance!

Want fresh-from-the-garden peas?
Grow 'em yourself! Now is the time to
get planting—no matter where you live.

Peas Now! Here's what you need to know to enjoy a steady supply of spring peas:

- **Plant seeds** in pots and place in a sunny spot. Or, if there's enough room in your garden, plant seeds in the ground 1–2 inches deep, 1–4 inches apart, in rows 4–6 feet apart.

- **Keep soil moist** and well drained as peas start to grow. Seedlings need about ½ inch water per week (1 inch in very sandy soil). Avoid overwatering once the plants begin to flower.

- **Install supports** (i.e., a trellis) in the ground (peas are a climbing plant). Transplant 3-week-old seedlings from pots (if using) to garden once ground is dry and no longer soggy.

- **Extend the harvest** season by planting different varieties of peas (shell, sugar snap, etc.) every few weeks. Continue to plant peas until the heat of summer starts; resume planting in fall.

- **Pick English peas** daily when their pods look round and swollen. Shelled peas should be plump but not too large and taste supersweet. Harvest snow and sugar snap peas every 2 days.



**BIG
NEWS**
for Dog
and Cat
Lovers

New BLUE Longevity.™

Formulated to help your pets enjoy a longer, healthier life.

Modern longevity diets are all about living a longer, healthier life, and now BLUE has developed one for our furry family members.

Delicious Ingredients With Low Caloric Density

BLUE Longevity™ is a blend of healthy, natural ingredients with low caloric density. This means that your pet can enjoy a delicious and fully satisfying meal without loading up on the calories that can contribute to obesity and potentially shorten his lifespan.*

A Balanced Diet With Anti-Aging Nutrients

Healthy deboned Whitefish is the first ingredient in BLUE Longevity. This tasty source of lean protein and Omega-3 fatty acids is complemented by wholesome whole grains, garden veggies and antioxidant-rich fruit. Our animal nutritionists have selected these ingredients because they contain a wide variety of nutrients that have been shown to fight the development of age-related diseases.

Increasing Your Pet's Lifespan

Our wholesome ingredients and exclusive LifeSource® Bits contain anti-aging nutrients like Vitamins C, E and B Complex, Beta Carotene, Selenium and Zinc. These nutrients are combined with the kind of low caloric density diet that has been shown to increase the lifespan of pets.

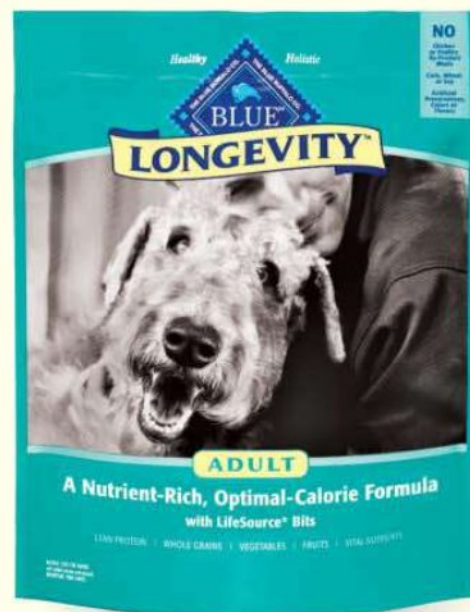
A Longer, Healthier Life for Your Pet

We all want our dogs and cats to live longer, healthier lives and now the nutrients in new BLUE Longevity can help make that wish a reality.

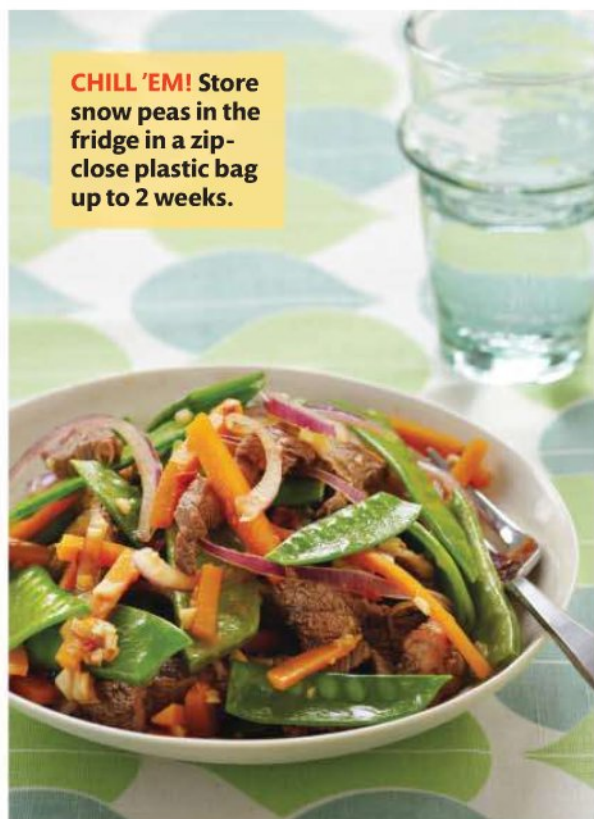
A lifelong feeding system, BLUE Longevity for dogs or cats is available in Puppy/Kitten, Adult and Mature Formulas.

LongevityNaturalPetFood.com

You'll find BLUE Longevity at leading pet specialty stores.



*JAVMA, Vol. 220, No. 9, May 1, 2002, p.1316



CHILL 'EM! Store snow peas in the fridge in a zip-close plastic bag up to 2 weeks.

Beef and Snow Pea Stir-Fry **B**

PREP 20 MIN **COOK** 5 MIN **SERVES** 4

- | | |
|--|--|
| 1 (1-lb) flank steak, trimmed, cut in half lengthwise, and thinly sliced against grain | ¼ tsp red pepper flakes |
| 3 Tbsp reduced-sodium soy sauce | 1 medium red onion, thinly sliced |
| 1½ tsp canola oil | ½ lb crookneck squash or carrots, cut into matchstick strips |
| 3 garlic cloves, minced | ½ lb fresh snow peas, trimmed |
| 2 tsp grated peeled fresh ginger | 2 Tbsp water |
| | ½ c fresh basil leaves, torn |

- 1 Toss steak and 1 Tbsp soy sauce in medium bowl.
- 2 Heat large nonstick skillet or wok over high heat until drop of water sizzles on it. Pour in ½ tsp oil and swirl to coat pan; then add half of steak. Stir-fry until lightly browned, about 1 minute. Transfer to plate. Repeat with ½ tsp oil and remaining steak.
- 3 Reduce heat to medium-high. Pour in remaining ½ tsp oil and swirl to coat pan, then add garlic, ginger, and red pepper flakes. Stir-fry until fragrant, about 30 seconds. Add onion and squash; stir-fry 1 minute. Add snow peas and water; stir-fry 1 minute. Stir in steak and remaining 2 Tbsp soy sauce; cook, stirring frequently, until steak is hot and vegetables are crisp-tender, about 1 minute. Serve sprinkled with basil. This recipe works with the Simply Filling technique.

PER SERVING (SCANT 2 CUPS): 249 CAL, 7 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 82 MG CHOL, 445 MG SOD, 10 G CARB, 3 G FIB, 36 G PROT, 54 MG CALC. **POINTS VALUE:** 5.

PHOTOGRAPHY: MIHA MATEI (STIR FRY AND SLAW).

UNCLE BEN'S® Heart Healthy Chicken & Brown Rice Salad



INGREDIENTS

- 2 bags UNCLE BEN'S® Boil-in-Bag Whole Grain Brown Rice
- 2 cups shredded skinless chicken breast cooked and cooled
- 2 medium green apples thinly sliced
- 1 cup red onion finely chopped (optional)
- 1/3 cup toasted walnuts coarsely chopped
- 2 Tbsp. fresh sage chopped
- 6 Tbsp. low-fat balsamic vinaigrette

INSTRUCTIONS

1. Prepare UNCLE BEN'S® Boil-in-Bag Whole Grain Brown Rice according to package directions. Let cool.
2. If chicken is not already cooked, grill in pan under medium-high heat until cooked through.
3. In a large bowl, toss together rice, chicken, green apple, red onion, walnuts and balsamic vinaigrette.
4. Garnish with fresh sage. Serve cold or room temperature.

For other delicious recipes, go to unclebens.com

SERVES: 6

Prep Time: 20 minutes

Meal Occasion: Appetizer, Side Dish, Salad, Lunch

Cuisine Type: American

Crunchy Two-Pea Slaw B

PREP 15 MIN **COOK** 10 MIN **SERVES** 6

½ lb fresh snow peas, trimmed	½ tsp salt
1 c fresh sugar snap peas, trimmed	2 c matchstick-cut carrots
2 Tbsp seasoned rice vinegar	1½ c shredded red cabbage
Juice of ¼ lemon	6 radishes, thinly sliced
1 Tbsp olive oil	3 scallions, thinly sliced
	¼ c chopped fresh mint

1 Bring medium pot of water to boil. Add snow and sugar snap peas; cook just until peas turn bright green, about 15 seconds. Rinse under cold running water; drain and pat dry with paper towels. Cut half of snow peas lengthwise into thin strips.

2 Meanwhile, make dressing: Whisk together vinegar, lemon juice, oil, and salt in large bowl.

3 Add peas, carrots, cabbage, radishes, scallions, and mint to dressing; toss to coat. Let stand until carrots and cabbage slightly soften, about 15 minutes. Serve at once.

PER SERVING (GENEROUS 1 CUP): 73 CAL, 3 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 316 MG SOD, 12 G CARB, 3 G FIB, 2 G PROT, 51 MG CALC.

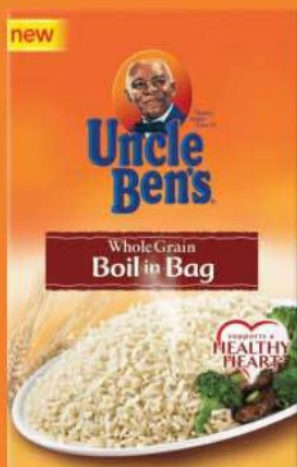
POINTS VALUE: 1.

FILLING EXTRA Want to make a three-pea slaw? Add ½ c fresh shelled English peas along with the other veggies in step 3.

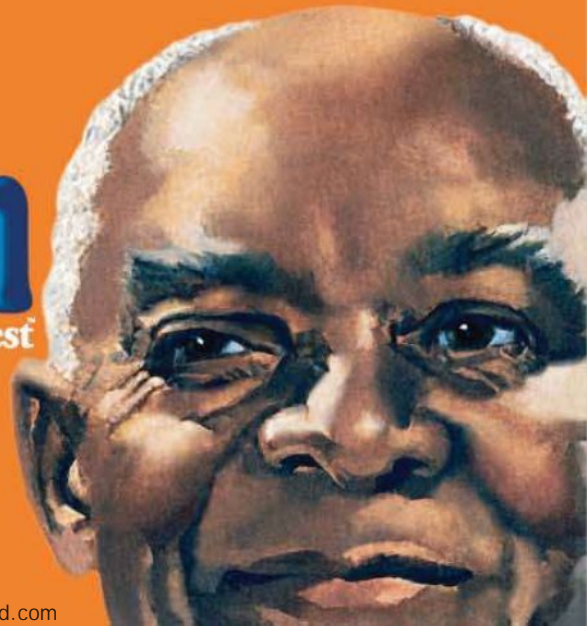


For another pea tip, see Notebook, p. 116.

“Enjoy this recipe. Of course, if you just want to eat my Boil-in-Bag Whole Grain Brown Rice by itself, that would be fine too.”



Ben
knows best





1
POINTS
VALUE
For 1 Piece
Mint Patties

1
POINTS
VALUE
For 1 Piece
Coconut

1
POINTS
VALUE
For 1 Piece
Pecan Crowns*



2
POINTS
VALUE
Per Serving
**Reduced Fat Shredded
Mexican-Style Cheese**

2
POINTS
VALUE

Per Bar
**Dark Chocolate
Raspberry Bar**

New



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For 2 Slices
100%
Whole Wheat
Bread



Per Serving
Vanilla Yogurt



BRILLIANT
scrumptiousness.



Per Cake
Chocolate
Crème Cake

Great New Taste



WeightWatchers®
Stop Dieting. Start Living.

To learn more about Weight Watchers® products go to WeightWatchers.com/sensiblefoods

The ChefsBest® Award for Best Taste is awarded to the brand rated highest overall among leading fat free vanilla yogurt brands by independent professional chefs.

In the Chips

I adore chocolate chip cookies. So when fellow chocoholic Tammy C. of Pennsylvania submitted her favorite peanut butter–chocolate chippers, I had to try them. I'm glad I did! By switching to low-fat peanut butter and mini–chocolate chips, we slashed the per-serving **POINTS** value from 4 to just 2.



PB-and-Chocolate Chip Cookies **B**

PREP 10 MIN **BAKE** 10 MIN **SERVES** 36

1 Place oven racks in upper and lower thirds of oven; preheat oven to 350°F. Spray 2 large baking sheets with nonstick spray.

2 Mix 1 c all-purpose flour, 1 c whole wheat flour, 1½ tsp baking soda, 1 tsp baking powder, and ½ tsp salt in medium bowl. With electric mixer on medium speed, beat ½ c granulated sugar, ½ c low-fat peanut butter, ¼ c packed brown sugar, ¼ c light stick butter, ¼ c vegetable shortening, 1 large egg, 1 large egg white, and 1 tsp vanilla extract in large bowl until blended. On low speed, beat in flour mixture just until blended. Stir in ¼ c mini-chocolate chips.

3 Put 6 Tbsp granulated sugar in small bowl. Form scant tablespoons of dough into 1-inch balls and roll in sugar. Place balls on baking sheets 2 inches apart. Bake until cookies are set, 10–12 minutes, rotating sheets halfway through baking time. Let cool on baking sheets on racks about 5 minutes. With spatula, transfer cookies to racks and let cool completely.

PER SERVING (1 COOKIE): 81 CAL, 4 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 8 MG CHOL, 125 MG SOD, 11 G CARB, 1 G FIB, 2 G PROT, 13 MG CALC. **POINTS VALUE:** 2.

Q I'm tired of lean ground beef. Any suggestions for lean meat cuts?

—TERRY L., NEW JERSEY

Think steak! My favorite extra-lean cuts are top round, sirloin, and flank steak. Each tastes fab when grilled on a ridged grill pan. Just remember to trim any visible fat from steak before cooking.



BRING BACK THE...

Potato Ricer

Have an old potato ricer hanging around? Bring it out of hibernation and make:

- **Better zucchini bread**

Use the ricer to squeeze excess liquid from shredded zucchini and skip the hassle of wringing it with kitchen towels.

- **Almost-instant egg salad**

Forget chopping a batch of hard-cooked eggs with a knife. Do the job more quickly by pressing them through the ricer.

- **Roasted garlic puree**

Press a head of roasted garlic, cut side down, through the ricer for fast, easy puree.

TRY Don't own a ricer?

OXO GOOD GRIPS POTATO RICER, \$19.99, OXO.COM.



NO TIME FLAT CINCO DE MAYO MEANS I'M GOING TO HAVE PLENTY OF TORTILLAS ON HAND IN THE KITCHEN, SO CHECK OUT MY SPEEDY, EASY TORTILLA TIPS.

1 MAKE A BETTER WRAP

Microwave tortillas according to package directions before assembling wraps. This will make the tortillas more flexible for rolling around the filling.

2 ADD SOME CRUNCH

Cut leftover corn tortillas into thin strips and stir into soups. Or spread strips on a baking sheet and bake at 400°F until crisp, about 8 min; cool and sprinkle over salads.

3 FRESHEN YOUR CHIPS

Got stale tortilla chips? Spread chips evenly on a baking sheet. Bake at 200°F to recrisp, about 15 min. Let chips cool completely on the sheet on a rack, about 15 min.

Have an original recipe you'd like WWM to lighten up? Send it to wwmfoodeitor@weightwatchers.com.

Bonus Offer
\$50 Savings Card



"We have had the Sleep Number bed for a few years now and can say it is the very best investment we have ever made. Back pain was a fact of life for me for years. After sleeping on the Sleep Number bed, I have improved significantly. It is amazing to go to bed in pain and wake up refreshed and pain free."

Janet D., Mt. Vernon, WA

The Bed Clinically Proven to Relieve Back Pain

Are You Frustrated by the Quality of Your Sleep?

Do you toss and turn at night? Can't seem to find a comfortable position? Does your back ache when you awake? These are signs that your mattress may not be supporting you properly, robbing you of the sleep you need. SUFFER NO MORE!

You Customize the Firmness

The Sleep Number Bed by Select Comfort™ is unlike any other. It's the bed you adjust to your exact comfort and firmness preference, your SLEEP NUMBER® setting. Our easy-to-use handheld remote and advanced air-chamber technology allow you to quickly adjust the firmness from extra firm to feather soft at the touch of a button.

Each Side of the Bed Adjusts Independently

Best of all, each side of the SLEEP NUMBER® bed adjusts independently, making it the perfect bed for couples.

Get Relief from Back Pain



It's the bed clinically proven to relieve back pain and improve sleep quality. Clinical studies show an amazing 93% of participants reported back-pain relief while 90% said other aches and pains were reduced.*

*Descriptions of clinical studies conducted on the Sleep Number bed are available at 1-800-831-1211.

†If not satisfied after 30 nights, call within 45 days of delivery to arrange return. We'll reimburse the purchase price less your initial shipping or Home Delivery and Setup fees. You pay return shipping. No returns or exchanges on Precision Comfort® Adjustable Base, closeout or demo bed models.

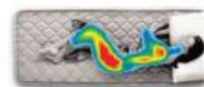
‡Restrictions apply. See card for details and expiration date.
©2009 Select Comfort



FIRMNESS ADJUSTS ON EACH SIDE

The Sleep Number® Bed Makes Innersprings Obsolete

A traditional innerspring mattress offers only hard metal coils for support. By contrast, the Sleep Number bed's revolutionary design features air-chamber technology that adjusts to your ideal level of firmness and support.



An innerspring mattress creates uncomfortable pressure points that can disrupt sleep.



A Sleep Number® bed adjusts to your body, relieving pressure points.



TRY IT FOR 30 NIGHTS, RISK FREE!†

We're so sure you'll sleep better, you can take up to one month to decide, or your money back!† You've got to sleep on it to believe it.

Receive a Special Thank You Gift!

For a limited time, inquire about our revolutionary bed and we'll send you a special **\$50 Savings Card** to use toward the purchase of any Sleep Number bed or accessory items of \$100 or more.‡

Call Now! **1-800-831-1211** ext 39017
sleepnumber50.com



☐ **YES!** Please send me a FREE Brochure, DVD and Pricing.



☐ **Limited-Time Bonus!**
\$50 Thank You Savings Card!‡

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sleep number.
by SELECT COMFORT

‡Restrictions apply. See card for details and expiration date.

Piece of Cake

A luscious showstopping dessert without turning on the oven? Believe it!



That's Italian

We made this easy Tiramisu with Italian ladyfingers (also called *savoiardi*). These light, crispy biscuits also make a terrific accompaniment to granita or sorbet. Look for them in supermarkets or Italian grocery stores.

No-Cook Tiramisu, p. 139

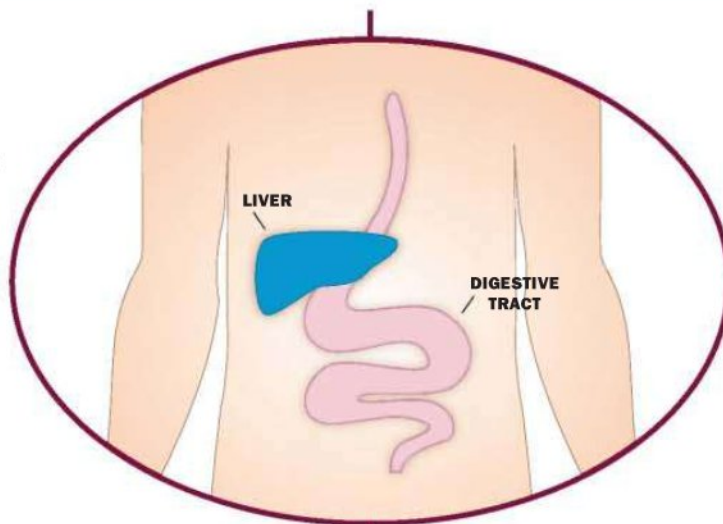
For recipes, see p. 138. For ladyfinger tips, see Notebook, p 116.

PHOTOGRAPHY: MIHA MATEL

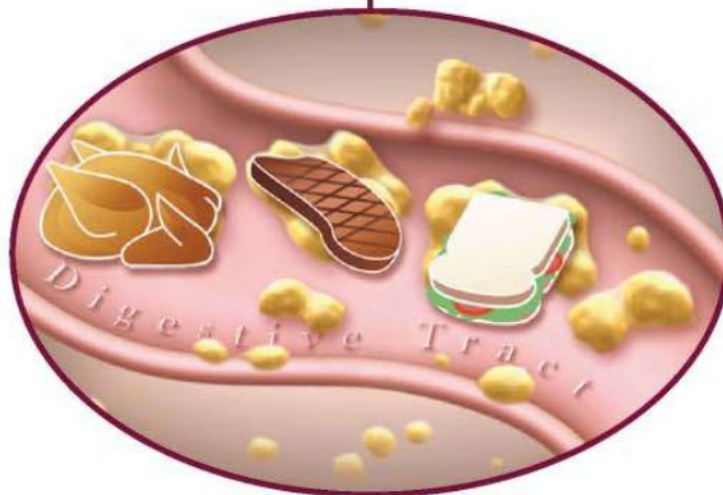
An inside look at a **different** way to help lower cholesterol.

Statins, a good option, work mainly with the liver.

ZETIA works in the digestive tract, as do some other cholesterol-lowering medicines.



Cholesterol from food is absorbed when it enters the digestive tract.



A healthy diet and exercise are important, but sometimes they're not enough to get your cholesterol where it needs to be. ZETIA can complement your efforts. When added to a healthy diet, ZETIA can lower bad cholesterol (LDL) by an average of 18%.

Individual results may vary.

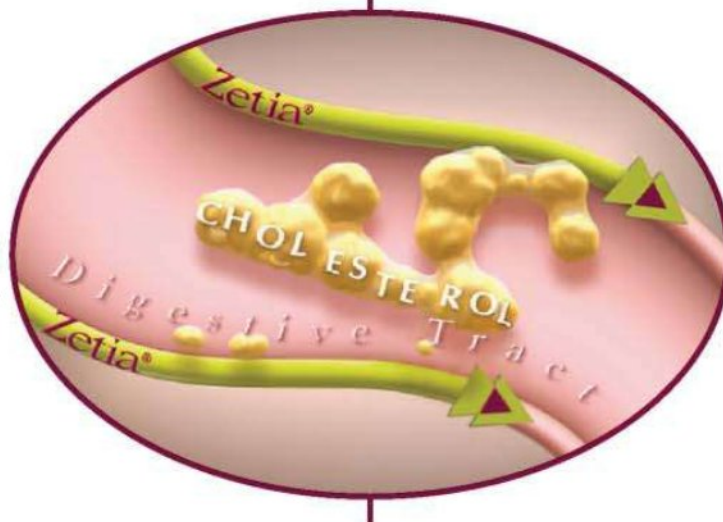
Important Risk Information About ZETIA:

ZETIA is a prescription medicine and should not be taken by people who are allergic to any of its ingredients. If you have ever had liver problems, are nursing or pregnant or may become pregnant, a doctor will decide if ZETIA alone is right for you.

Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. In clinical studies, patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and tiredness.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

ZETIA is unique in the way it helps block the absorption of cholesterol that comes from food. Unlike some statins, ZETIA has not been shown to prevent heart disease or heart attacks.



Please read the more detailed information about ZETIA on the adjacent page.

For more information, call **1-800-98-ZETIA** or visit **zetia.com**.

Zetia[®]
(ezetimibe) Tablets

A different way to help fight cholesterol

Ask your doctor if ZETIA is right for you.



To find out if you qualify, call 1-800-347-7503.

MERCK/Schering-Plough Pharmaceuticals

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ZETIA® (EZETIMIBE) TABLETS
PATIENT INFORMATION ABOUT ZETIA (zēt'-ē-ă)
Generic name: ezetimibe (ē-zēt'-ē-mīb)

Read this information carefully before you start taking ZETIA and each time you get more ZETIA. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about ZETIA, ask your doctor. Only your doctor can determine if ZETIA is right for you.

WHAT IS ZETIA?

ZETIA is a medicine used to lower levels of total cholesterol and LDL (bad) cholesterol in the blood. ZETIA is for patients who cannot control their cholesterol levels by diet and exercise alone. It can be used by itself or with other medicines to treat high cholesterol. You should stay on a cholesterol-lowering diet while taking this medicine.

ZETIA works to reduce the amount of cholesterol your body absorbs. ZETIA does not help you lose weight. ZETIA has not been shown to prevent heart disease or heart attacks.

For more information about cholesterol, see the "What should I know about high cholesterol?" section that follows.

WHO SHOULD NOT TAKE ZETIA?

- Do not take ZETIA if you are allergic to ezetimibe, the active ingredient in ZETIA, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section that follows.
- If you have active liver disease, do not take ZETIA while taking cholesterol-lowering medicines called statins.
- If you are pregnant or breast-feeding, do not take ZETIA while taking a statin.
- If you are a woman of childbearing age, you should use an effective method of birth control to prevent pregnancy while using ZETIA added to statin therapy.

ZETIA has not been studied in children under age 10.

WHAT SHOULD I TELL MY DOCTOR BEFORE AND WHILE TAKING ZETIA?

Tell your doctor about any prescription and non-prescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- ever had liver problems. ZETIA may not be right for you.
- are pregnant or plan to become pregnant. Your doctor will discuss with you whether ZETIA is right for you.
- are breast-feeding. We do not know if ZETIA can pass to your baby through your milk. Your doctor will discuss with you whether ZETIA is right for you.
- experience unexplained muscle pain, tenderness, or weakness.

HOW SHOULD I TAKE ZETIA?

- Take ZETIA once a day, with or without food. It may be easier to remember to take your dose if you do it at the same time every day, such as with breakfast, dinner, or at bedtime. If you also take another medicine to reduce your cholesterol, ask your doctor if you can take them at the same time.
- If you forget to take ZETIA, take it as soon as you remember. However, do not take more than one dose of ZETIA a day.
- Continue to follow a cholesterol-lowering diet while taking ZETIA. Ask your doctor if you need diet information.
- Keep taking ZETIA unless your doctor tells you to stop. It is important that you keep taking ZETIA even if you do not feel sick.

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking ZETIA with a statin and during treatment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF ZETIA?

In clinical studies patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and feeling tired.

Patients have experienced severe muscle problems while taking ZETIA, usually when ZETIA was added to a statin drug. If you experience unexplained muscle pain, tenderness, or weakness while taking ZETIA, contact your doctor immediately. You need to do this promptly, because on rare occasions, these muscle problems can be serious, with muscle breakdown resulting in kidney damage.

Additionally, the following side effects have been reported in general use: allergic reactions (which may require treatment right away) including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing, rash, and hives; raised red rash, sometimes with target-shaped lesions; joint pain; muscle aches; alterations in some laboratory blood tests; liver problems; stomach pain; inflammation of the pancreas; nausea; dizziness; tingling sensation; depression; headache; gallstones; inflammation of the gallbladder.

Tell your doctor if you are having these or any other medical problems while on ZETIA. For a complete list of side effects, ask your doctor or pharmacist.

WHAT SHOULD I KNOW ABOUT HIGH CHOLESTEROL?

Cholesterol is a type of fat found in your blood. Your total cholesterol is made up of LDL and HDL cholesterol.

LDL cholesterol is called "bad" cholesterol because it can build up in the wall of your arteries and form plaque. Over time, plaque build-up can cause a narrowing of the arteries. This narrowing can slow or block blood flow to your heart, brain, and other organs. High LDL cholesterol is a major cause of heart disease and one of the causes for stroke.

HDL cholesterol is called "good" cholesterol because it keeps the bad cholesterol from building up in the arteries.

Triglycerides also are fats found in your blood.

GENERAL INFORMATION ABOUT ZETIA

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ZETIA for a condition for which it was not prescribed. Do not give ZETIA to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about ZETIA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about ZETIA that is written for health professionals.

Inactive ingredients:

Croscarmellose sodium, lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, and sodium lauryl sulfate.

Issued July 2009
REV 21

29480885T

Zetia®
(ezetimibe) Tablets



MERCK / Schering-Plough Pharmaceuticals

Manufactured for:
Merck/Schering-Plough Pharmaceuticals
North Wales, PA 19454, USA

20950061(10)(885)-ZET

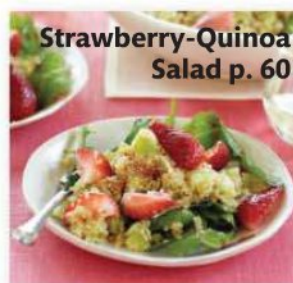
Eastern Flavors

Welcome to the Orient Express! But you won't need to travel far to explore our simply delicious Asian-inspired fare for one.

CHOOSE A BREAKFAST

ASIAN EGGS Stir-fry ½ c broccoli florets, ½ c sliced zucchini, 1 tsp oil, and pinch five-spice seasoning in pan 3 min. Transfer to bowl. Spray skillet with nonstick spray. Add 4 large egg whites; scramble. Top with vegetables. MAKES 1½ CUPS. **POINTS VALUE: 3.**

CHOCO-BERRY SHAKE Puree 1 c sliced, hulled fresh strawberries, ½ small sliced banana, ⅓ c ice, ¼ c light coconut milk, 1 Tbsp confectioners' sugar, and juice of ¼ lime. MAKES 2 CUPS. **POINTS VALUE: 3.**



A.M. RICE BOWL Stir-fry ¾ c sliced mushrooms, ½ c diced bell pepper, and 1 tsp sesame seeds in pan sprayed with nonstick spray 4 min. Stir in ½ c cooked brown rice, 1 egg, and 2 Tbsp milk; cook until egg is set. MAKES 1¼ CUPS. **POINTS VALUE: 4.**

CHOOSE A LUNCH



BOMBAY CHICKEN Mix ¾ c cubed cooked chicken breast, ½ c halved seedless grapes, 1 sliced scallion, 1 chopped celery stalk, 1 Tbsp each almonds, fat-free mayonnaise, and plain yogurt, and ¼ tsp curry powder. MAKES 1½ CUPS. **POINTS VALUE: 4.**

MISO SOUP Stir-fry 2 sliced scallions, 1 tsp grated ginger, and 1 tsp sesame oil in pan 2 min. Add 1½ c broth, ½ c sliced cabbage, 1 Tbsp miso,* and ½ tsp rice vinegar; cook 5 min. Add 3 oz firm diced tofu; cook 2 min. MAKES 2 CUPS. **POINTS VALUE: 4.**

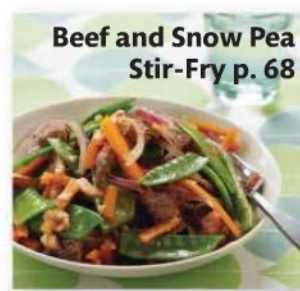
SPICY PORK Mix ½ Tbsp each rice vinegar, fish sauce, and soy sauce, 1 tsp sesame oil, 1 tsp sugar, and ¼ tsp chili sauce. Toss 2 c mesclun, ⅓ c cooked sliced lean pork, and ½ c shredded carrot with dressing. MAKES 2 CUPS. **POINTS VALUE: 5.**

CHOOSE A DINNER

SAUCY TURKEY Mix 1 Tbsp miso, 1 Tbsp mirin, ½ Tbsp soy sauce, and 1 tsp oyster sauce. Stir-fry ¼ lb sliced mushrooms, ¼ lb ground skinless turkey breast, 1 chopped shallot, and 1 tsp oil in pan 8 min. Add miso mixture. MAKES 1½ CUPS. **POINTS VALUE: 6.**

EAST-WEST PASTA Stir-fry 1 c cut-up asparagus, ⅔ c cooked whole wheat spaghetti, 2 Tbsp chicken broth, 2 tsp soy sauce, 1 tsp minced garlic, and 1 tsp sesame oil in pan 4 min. Top with 2 Tbsp grated Parmesan. MAKES 1⅓ CUPS. **POINTS VALUE: 5.**

ASIAN SHRIMP Sauce: Chop ¼ c cilantro, ½ Tbsp almonds, 1 tsp oil, 1 tsp fresh ginger, and ½ tsp orange zest in food processor. Grill ¼ lb large shelled shrimp in grill pan, 2 minutes per side. Add sauce. MAKES 4 SHRIMP WITH 1 TBSP SAUCE. **POINTS VALUE: 4.**



CHOOSE A SNACK

RED CURRY DIP Stir-fry ½ chopped shallot in 1 tsp sesame oil in pan 2 min. Add ¼ tsp red curry paste; cook 2 min. Remove pan from heat; stir in ¼ c fat-free mayonnaise, 1 Tbsp apricot jam, and 2 tsp lime juice. MAKES ⅓ CUP. **POINTS VALUE: 2.**



THAI MANGO Mix ¼ c light coconut milk and 1 Tbsp sugar in small microwavable bowl. Microwave on High 1 min; stir until sugar dissolves. Stir in ¾ c cut-up peeled mango and grated zest of ½ lime. MAKES 1 CUP. **POINTS VALUE: 3.**

GINGERY PINEAPPLE Put 1 c fresh pineapple chunks in baking dish; top with 2 Tbsp dark rum and ½ Tbsp brown sugar. Bake at 350°F until pineapple softens, 25–30 min. Top with 1 Tbsp chopped crystallized ginger. MAKES 1 CUP. **POINTS VALUE: 3.**

***INGREDIENT ID** Japanese miso is a soybean paste. Use mild white or yellow miso to make soups, dressings, or sauces; brown miso for heartier dishes. Find miso at Asian groceries or in the supermarket's produce aisle.

Just Caught!

Fish is your go-to choice when you're eating out and trying to lose weight. So why aren't you cooking it at home? We've tackled the basics so you can reel in deep-sea favorites.

BY CAROL PRAGER • PHOTOGRAPHY BY CON POULOS



Crab Cakes with Mango Relish, p. 126



Fish en Papillote, p. 122

TAKE THE BAIT

New to cooking fish at home? Here's how to avoid common problems:

- **Buy** ½-inch-thick (or less) fish fillets or steaks, which can be cooked on just one side; you won't have to worry about flipping the fish in the pan.
- **Follow** the 10-Minute Rule: Cook fish 10 minutes per inch. If you have fish that needs to be turned, use a flexible metal spatula to gently flip it over halfway through the cooking time.
- **Place** a cup of vinegar beside you while you're cooking fish—the vinegar will absorb some of the seafood odors. Or, light a scented candle about 10 minutes before you start cooking.
- **Don't** remove the head and tail before cooking—they help the fish stay moist. Instead, with a long, sharp knife, remove the head and tail from the cooked fish just before serving if desired.
- **Make** several shallow cuts in the flesh before baking spice-rubbed or crumb-coated fish or before spraying it with olive oil nonstick spray. This will help the flavors permeate the flesh and keep it from drying out.



Herb-Parmesan Tilapia, p. 131

Balsamic Shrimp Sauté, p. 132



For recipes, see p. 120. For more fish tips, see Notebook, p. 118.



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Stretch It Out

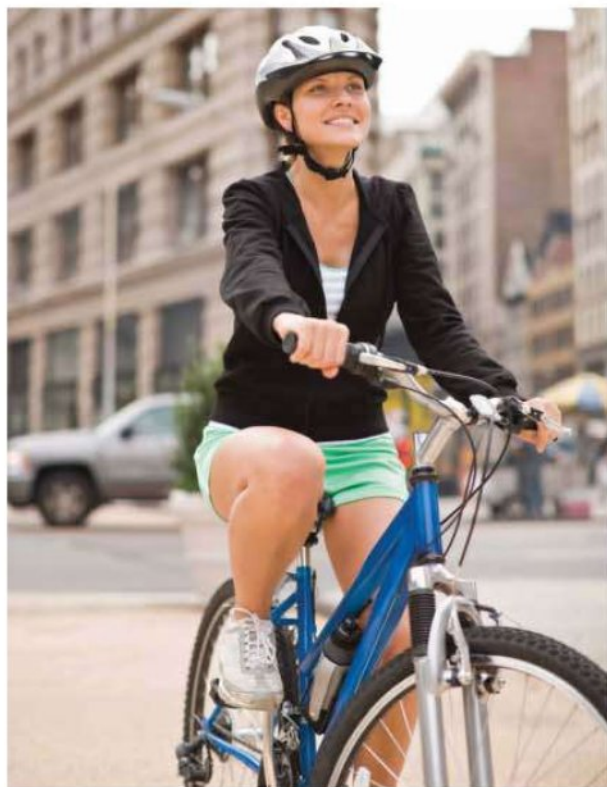
Tempted to blow off stretching? You might want to reconsider: New research shows stretching may prevent injuries and improve circulation. In fact, a study from *The American Journal of Physiology* found that stretching may even stave off stiffening of the arteries, which can lead to heart disease.

PHOTOGRAPHY: JUMP FOTO.

Save stretching for *after* your workout: It increases blood flow postexercise, which helps muscles recover faster and prevents soreness.

Hold each stretch for 30 seconds—studies show that's the ideal length of time for increasing range of motion and improving flexibility.

Breathe slowly as you stretch. Inhale through your nose while counting to four; exhale through your mouth while counting to six.



Location, Location, Location!

When it comes to working out, small tweaks can deliver big results. Here's how to choose the best spot for your next sweat session.

TO GET MOTIVATED

Step away from the mirror

Shunning your reflection may boost your motivation—especially if you're a fitness newbie. Researchers found that **when women who didn't normally exercise worked out in front of mirrors, they expressed more anxiety about their bodies** than when they exercised in a mirror-free room. Even those who had a positive self-image felt discouraged—which can ultimately be a motivation-sapper. “Looking in a mirror seems to trigger introspection, which leads many women to criticize themselves,” says study author Kathleen A. Martin Ginis, Ph.D., at McMaster University in Canada. Instead of focusing on the mirror, concentrate on how your muscles feel and engage them with each move.

TIP One exception to the no-mirror rule: If you're trying to master a new machine or move, don't lose the glass. A mirror will help you be more aware of your form and technique.

TO BEAT THE BLUES

Take your routine outside

Exercise is a known mood booster, because it increases feel-good brain chemicals like serotonin and dopamine, says Stacey Rosenfeld, Ph.D., a psychologist at Columbia University and the chief psychologist for the New York City Triathlon. **Moving your workout outdoors can boost your mood even more**, because researchers speculate that many Americans are deficient in vitamin D, a mood-enhancing nutrient that we get from exposure to the sun's rays. (In fact, a recent study found that overweight individuals are twice as likely to be lacking the nutrient.) Here's the good news: Just 15 minutes of outdoor exercise can produce sufficient vitamin D *and* happiness-boosting serotonin.

TIP Grappling with an injury? Taking your routine outdoors may help you. A recent study from the University of Pittsburgh shows that sunlight may help reduce your perception of pain.

TO BUST A PLATEAU

Move to the head of the class

Positioning yourself at the front of your next group exercise class can be a smart strategy for many reasons. **“Knowing that your peers are watching you may be the pressure you need to step up your workout,”** says Nicole Glor, a fitness instructor at Crunch gym in New York City. Instructors are also more likely to correct the form of students in the front of the room, using those students as an example for the rest of the group. That positive reinforcement and extra attention can inspire you to work harder and, ultimately, get a better workout. All it takes is a few steps to the front of the room!

TIP If you still can't bust your plateau, have a friend check in on you. One study found those who got fitness checkup calls from friends exercised an hour more per week than those who didn't.

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Tone it Down

For lower-body toning (butt, thighs, and calves), one move does it all: the lunge. Follow our form cues for a perfect, injury-free result.

Chin up

Pointing your chin straight ahead centers you and makes you less likely to lose your balance.

Stay in line

Align your right knee with toes of your right foot. Extending the knee too far can strain it.

THE MOVE Start with both feet together, then step 3–4 feet forward with right leg. Bend both legs until right thigh is almost parallel to the floor and bent at a 90-degree angle. With most of your weight on your front leg, lower your back leg as far as you can, dropping your left knee toward the floor. Hold for 5 seconds and return to start. Relax and repeat with the opposite leg. Work up to 4 reps.

Stand tall

A straight back helps you evenly distribute your body weight and fully engages your glutes.

Go slow

Be careful not to let your left knee touch floor; sink down in a slow, controlled movement to make your leg muscles work harder.



NEED AN UPGRADE? After mastering a basic lunge (above), try walking lunges: Start with feet together, then step forward and travel across the room while you perform lunges on alternating legs. This will raise your heart rate while sculpting the lower body. For an extra burn, hold hand weights at your sides.

EXPERT: VICTORIA GALLAGHER, A NEW YORK-BASED PERSONAL TRAINER.

PHOTOGRAPHY: CHRIS FANNING; HAIR AND MAKEUP: STACY BENEKE FOR MARK EDWARD; STYLING: ABBY JOHNSON.

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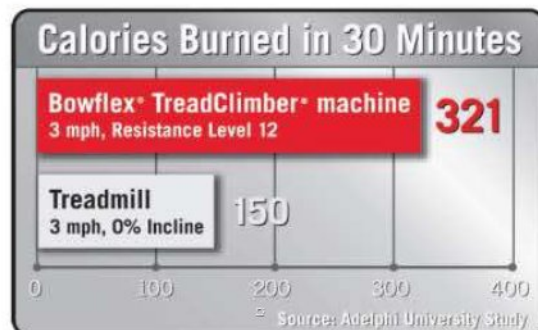


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She likes to move it, move it

Read how one busy mom creatively transforms every spare minute of downtime into a fitness opportunity.



Jacqui Fiels Lewis
Home California
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5:15 am I'm the first one up in my house, so I use that time to plan my day. **I never wonder if I'll get in exercise, I think about when.**

6:00 am While I blow-dry my hair, **I lift my free arm out to the side and do arm circles.** Then I switch sides to work the opposite arm.

7:30 am I love animals, but my husband, John, is allergic to pets so we can't have a dog. I came up with the idea of "dog sharing" and **volunteered to walk my neighbor's dog, Filbert.**

10:30 am Since I'm a professional photographer, I spend much of my day uploading large files; now **I "weight" (do bicep and tricep curls with 5-pound dumbbells) while I "wait."**

12:30 pm **I deliver client invoices on foot.** I walk all over the city—no matter where the clients are—and San Francisco is hilly!

2:00 pm My go-to lunch is a bowl of soup. While it heats up in the microwave, **I do crunches.** Since I've started doing this, I can actually see the beginning of six-pack abs!

4:00 pm After I pick up the kids from school, I do housework, building in extra movement wherever I can: **My favorite activity is to do leg lifts, pliés, and squats while I'm ironing.** The next day, the backs of my thighs feel sore and I love it!

6:00 pm Preparing dinner for my family is a high-energy time for me. **I blast music and dance around my kitchen while I'm working.** My neighbors must know it's almost dinnertime in my house once the disco music starts.

8:30 pm I try not to turn on the TV at night, because once I do, it's very hard to turn it off. Instead, **we read and play board games as a family.** Then, it's off to bed early, so I'll have even more energy for my activities tomorrow!



"I used to head to my fridge when I was angry or upset, but now I go to my cutting board and chop veggies to get out my aggression."



For more ideas on fitting exercise into the most hectic schedules, go to weightwatchers.com/busylife.

PHOTOGRAPHY: GETTY IMAGES (DOG); MASTERFILE (SOUP); SUPERSTOCK (WEIGHTS; CUTTING BOARD; IRON).



Spring is in the air. Allergies aren't far behind.

This time of year you go nose to nose with allergens every day, so maybe it's time to ask your doctor about options, like prescription SINGULAIR. Most allergy medicines block histamine. SINGULAIR works differently by blocking leukotrienes, an underlying cause of allergy symptoms. Just one SINGULAIR once a day is proven to help relieve indoor and outdoor allergy symptoms – without causing drowsiness. Ask your doctor about prescription SINGULAIR, a different way to treat allergies.

IMPORTANT SAFETY INFORMATION: Side effects vary by age and may include headache, ear infection, sore throat, and upper respiratory infection. Behavior and mood-related changes have been reported, including agitation, aggression or anger, bad or vivid dreams, depression, anxiety, hallucinations (seeing things that are not there), irritability, restlessness, sleepwalking, suicidal thoughts and actions (including suicide), trembling, and trouble sleeping. Tell the doctor if you have these or any other side effects while taking SINGULAIR. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Patient Information on the adjacent page and discuss it with your doctor. To learn more about SINGULAIR, visit singulair.com or call 888-MERCK-95.

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SINGULAIR® (SING-u-lair) Tablets, Chewable Tablets, and Oral Granules**Generic name: montelukast (mon-te-LOO-kast) sodium**

Read this information before you start taking SINGULAIR®. Also, read the leaflet you get each time you refill SINGULAIR, since there may be new information in the leaflet since the last time you saw it. This leaflet does not take the place of talking with your doctor about your medical condition and/or your treatment.

What is SINGULAIR®?

- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma and allergic rhinitis. SINGULAIR is not a steroid. Studies have shown that SINGULAIR does not affect the growth rate of children. (See the end of this leaflet for more information about asthma and allergic rhinitis.)

SINGULAIR is prescribed for the treatment of asthma, the prevention of exercise-induced asthma, and allergic rhinitis:

1. Asthma.

SINGULAIR should be used for the long-term management of asthma in adults and children ages 12 months and older.

Do not take SINGULAIR for the immediate relief of an asthma attack. If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.

2. Prevention of exercise-induced asthma.

SINGULAIR is used for the prevention of exercise-induced asthma in patients 15 years of age and older.

3. Allergic Rhinitis.

SINGULAIR is used to help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat seasonal allergic rhinitis (outdoor allergies that happen part of the year) in adults and children ages 2 years and older, and perennial allergic rhinitis (indoor allergies that happen all year) in adults and children ages 6 months and older.

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

What should I tell my doctor before I start taking SINGULAIR?

Tell your doctor about:

- Pregnancy:** If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you.
- Breast-feeding:** If you are breast-feeding, SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- Medical Problems or Allergies:** Talk about any medical problems or allergies you have now or had in the past.
- Other Medicines:** Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For adults and children 12 months of age and older with asthma:

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- You may take SINGULAIR with food or without food.
- If your asthma symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, call your doctor right away.
- Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not stop taking or lower the dose of your other asthma medicines unless your doctor tells you to.

For patients 15 years of age and older for the prevention of exercise-induced asthma:

- Take SINGULAIR at least 2 hours before exercise.
- Always have your inhaled rescue medicine for asthma attacks with you.
- If you are taking SINGULAIR daily for chronic asthma or allergic rhinitis, do not take an additional dose to prevent exercise-induced asthma. Speak to your doctor about your

treatment of exercise-induced asthma.

- Do not take an additional dose of SINGULAIR within 24 hours of a previous dose.

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:

- Take SINGULAIR once a day, at about the same time each day.
- Take SINGULAIR every day for as long as your doctor prescribes it.
- You may take SINGULAIR with food or without food.

How should I give SINGULAIR oral granules to my child?

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given:

- directly in the mouth;
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk;
- mixed with a spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Be sure that the entire dose is mixed with the food, baby formula, or breast milk and that the child is given the entire spoonful of the food, baby formula, or breast milk mixture right away (within 15 minutes).

IMPORTANT: Never store any oral granules mixed with food, baby formula, or breast milk for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in any liquid drink other than baby formula or breast milk. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

What is the dose of SINGULAIR?

For asthma—Take once daily in the evening:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

For exercise-induced asthma—Take at least 2 hours before exercise, but not more than once daily:

- One 10-mg tablet for adults and adolescents 15 years of age and older

For allergic rhinitis—Take once daily at about the same time each day:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 2 to 5 years of age with seasonal allergic rhinitis, or for children 6 months to 5 years of age with perennial allergic rhinitis.

What should I avoid while taking SINGULAIR?

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild, and generally did not cause patients to stop taking their medicine. The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

The most common side effects with SINGULAIR include:

- stomach pain
- stomach or intestinal upset
- heartburn
- tiredness
- fever
- stuffy nose
- cough
- flu
- upper respiratory infection
- dizziness
- headache
- rash

Less common side effects that have happened with SINGULAIR include:

- increased bleeding tendency
- allergic reactions [including swelling of the face, lips, tongue, and/or throat (which may cause trouble breathing or swallowing), hives and itching]
- drowsiness, pins and needles/numbness, seizures (convulsions or fits)
- palpitations
- nose bleed
- diarrhea, indigestion, inflammation of the pancreas, nausea, vomiting
- hepatitis
- bruising

- joint pain, muscle aches and muscle cramps
- swelling

Behavior and mood-related changes have been reported: agitation including aggressive behavior or hostility, bad/vivid dreams, depression, feeling anxious, hallucinations (seeing things that are not there), irritability, restlessness, sleep walking, suicidal thoughts and actions (including suicide), tremor, trouble sleeping. Tell your doctor if you experience behavior or mood-related changes while taking SINGULAIR.

Rarely, asthmatic patients taking SINGULAIR have experienced a condition that includes certain symptoms that do not go away or that get worse. These occur usually, but not always, in patients who were taking steroid pills by mouth for asthma and those steroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, **you must tell your doctor right away if you get one or more of these symptoms:**

- a feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These are not all the possible side effects of SINGULAIR. For more information ask your doctor or pharmacist.

Talk to your doctor if you think you have side effects from taking SINGULAIR.

General Information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

Store SINGULAIR at 25°C (77°F). Protect from moisture and light. Store in original package.

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your doctor. You can ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

SINGULAIR chewable tablets contain aspartame, a source of phenylalanine.

Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:

- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

What is asthma?

Asthma is a continuing (chronic) inflammation of the bronchial passageways which are the tubes that carry air from outside the body to the lungs.

Symptoms of asthma include:

- coughing
- wheezing
- chest tightness
- shortness of breath

What is exercise-induced asthma?

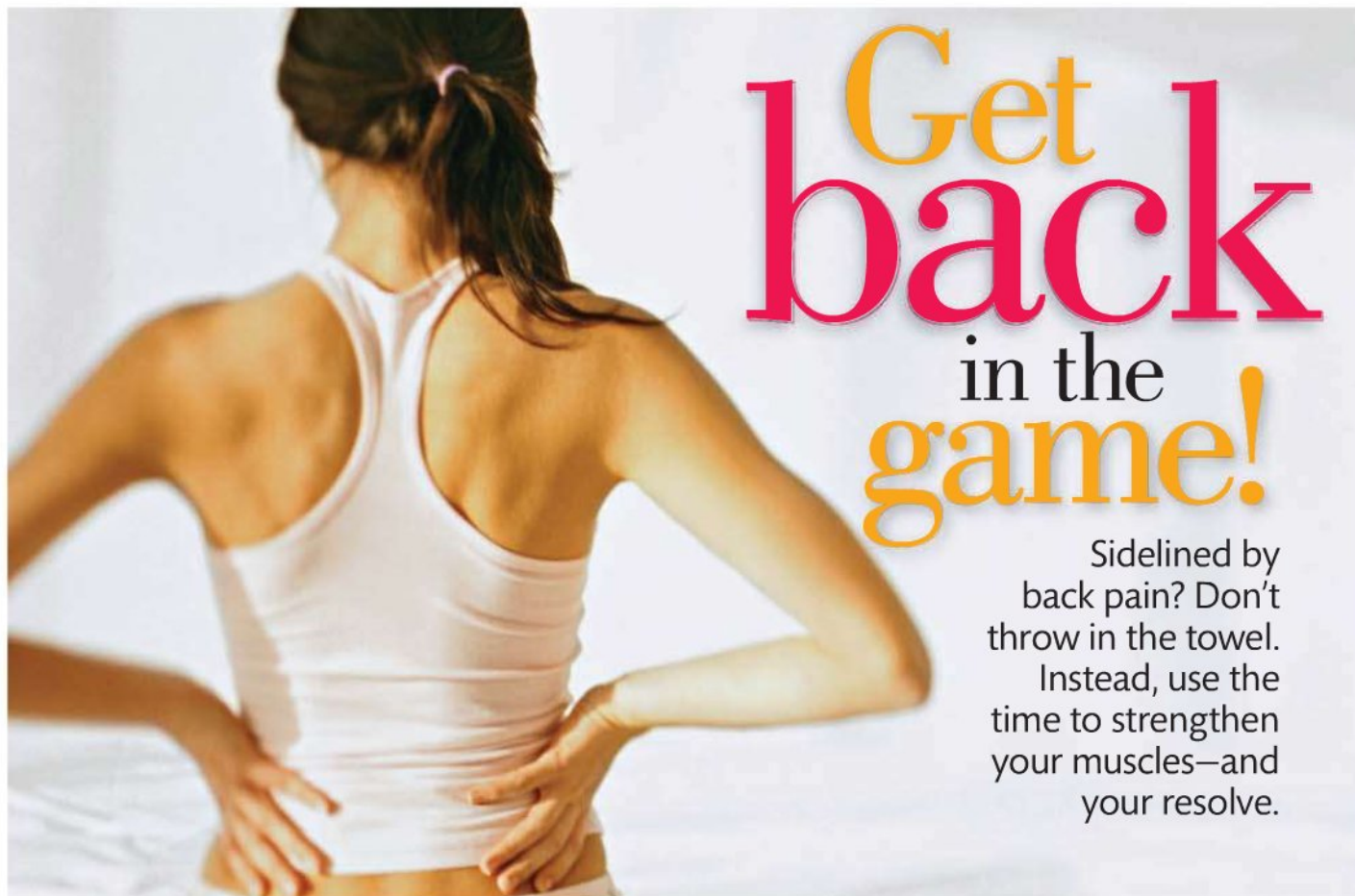
Exercise-induced asthma, more accurately called exercise-induced bronchoconstriction occurs when exercise triggers symptoms of asthma.

What is allergic rhinitis?

- Seasonal allergic rhinitis, also known as hay fever, is triggered by outdoor allergens such as pollens from trees, grasses, and weeds.
- Perennial allergic rhinitis may occur year-round and is generally triggered by indoor allergens such as dust mites, animal dander, and/or mold spores.
- Symptoms of allergic rhinitis may include:
 - stuffy, runny, and/or itchy nose
 - sneezing

Rx only
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Issued August 2009



Get back in the game!

Sidelined by back pain? Don't throw in the towel. Instead, use the time to strengthen your muscles—and your resolve.

If you've been working hard to lose weight, the last thing you want is for back pain, a condition that eight out of ten Americans experience at some point in their lives, to get the best of you. Whether you have chronic pain or just pulled a muscle at the gym, you may be worried that it will undo your progress. However, don't let the fear of a doctor's diagnosis prevent you from seeking treatment.

Do you need a doctor? If your back pain persists for more than 24 hours, see your physician and follow her advice, even if it means modifying or skipping workouts. Whether your doctor advises you to cut back or to stop exercising

altogether, here's how to make the most of your recovery time:

■ THE DOC SAYS: SCALE BACK

Depending on the source of your pain, many docs today will recommend that you continue some activity, but probably not at your usual intensity. Moderate exercise has actually been shown to relieve back pain, improve mobility, and speed the healing process by increasing blood flow to the affected area. (Remember, you'll need to keep your fitness expectations in check since you likely won't see the same results you did before the pain kicked in.) Walking, swimming, and light stretching provide feel-good benefits without putting added

stress on your back muscles. You can also spend your recovery time focusing on previously neglected body parts such as arms or abs. Ask your doctor if it's OK to lift light weights or take a beginners' Pilates class; strong abs will better support your back and spine—helping to prevent future injuries. Also, because you won't be burning as many calories, you'll need to adjust your food intake. Be especially vigilant about what goes into your mouth because sugar, caffeine, and alcohol have been shown to raise levels of the hormone cortisol, which can worsen spine inflammation.

■ THE DOC SAYS: NO EXERCISE

If your doctor advises you to stop exercising for a while, you'll need to keep your motivation from flagging. One suggestion: Maintain your workout routine—minus the exercise. Go to the gym, but instead of hitting the treadmill, head for the sauna or stretch. Keeping that appointment with yourself will make it easier to resume exercising after your physician gives the OK.

CUT YOURSELF SOME SLACK Remember

that most back pain is temporary. Even if

you gain a few pounds while you recover, giving your body the extra attention

will, in the long run, be a healthier move.

EXPERTS: TODD SINETT, AUTHOR, *THE TRUTH ABOUT BACK PAIN* (PENGUIN, 2008); BELISA VRANICH, PSY.D., CLINICAL PSYCHOLOGIST AND ADVISER, GOLD'S GYM INSTITUTE.


BY GABRIELLE GAYAGOY

MAY • JUNE 2010 WEIGHT WATCHERS MAGAZINE **91**



DREAM GIRL

Meet the fabulous **Jennifer Hudson**—
actor, singer, role model, and
new Weight Watchers spokesperson.

  **H**ow's this for a bio: Jennifer Hudson's soaring, spectacular voice has earned her a Grammy; she's scored Hollywood's highest honor, an Oscar, for Best Supporting Actress after appearing in her first movie; and she's broken barriers, gracing the cover of the fashion bible, *Vogue*, as one of the magazine's few full-figured cover models. Not bad for a woman who celebrated her 28th birthday this past September.

But if you ask her, none of the above compares with her latest triumph: the birth of her son, David, last August. Through him, Hudson has experienced the same sense of pure, unconditional love experienced by so many first-time moms.

Hudson also found out something else about herself: She wants to lead a healthier life for her son. Forget the red carpet. There's been no greater inspiration for Hudson to focus on eating right and exercising than being a role model for her child.

Enter Weight Watchers.

"Weight Watchers is a healthy, natural choice for me. It makes sense for my life."

For many women, taking control of their health and weight can be a challenge—but Hudson is up for it: Consider her 2003 stint as a contestant on *American Idol* when the Chicago native repeatedly wowed the audience—yet didn't win the competition, placing seventh. She admits it was a stressful experience, "But, ultimately, it led me to *Dreamgirls*."

Indeed, Hudson's turn as Effie White in the 2007 movie, for which she won an Oscar, cemented her reputation as a talent to take seriously. But it also vaulted her into the public eye—a mixed blessing for the very private star whose every move (and movement of the scale)



Who are your role models?

The women in my life—they've shown me you can do anything if you put your mind to it.

Most surprising thing you've learned since following the Weight Watchers plan?

I can eat what I want and lose weight. This is about a lifestyle—a healthy lifestyle that I can live with.

When a craving hits: sweet or salty?

Salty and spicy!

Latest favorite iPhone application?

Weight Watchers—and Facebook.

I love my Leader because she is so

supportive! She's a huge help and knows so much about what works.

I can't believe I can eat pizza.

My motto while I'm losing is:

Stay committed. Stay consistent. Be patient. It works.

has been reported, photographed, and analyzed. A role in the 2008 film *Sex and the City* and the launch of her *Billboard*-chart-topping, self-titled debut album later that year only intensified the public's attention on her and her appearance.

Still, Hudson refused to apologize for her body, despite the pressure she faced as a public figure: "I'm the size of the average girl, and my theory is, we're not too big; they're too small," she said.

Yet Hudson's health, not vanity, was what prompted her to start thinking about her weight. She had experienced plenty of weight ups and downs. In fact, before appearing on *American Idol*, she cut out fried food and began jogging; then after

she won the role in *Dreamgirls*, she was asked to gain 20 pounds, a goal she met, she has said, by "eating all the cookies, cakes, and pies I could." Now she wanted to develop better habits. However, like countless others who try to lose, she became a casualty of the diet fads and trends that promise big results in little time.

"Somewhere along the way, I picked up all these crazy ideas from these fad diets: I wouldn't eat certain foods, like white rice." Hudson says one of the best moments she's had since joining Weight Watchers was realizing she could dine out on sushi.

Hudson has also started to run-walk for 45 to 60 minutes a day—something she can do even while on vacation—and says she's loving feeling more at home in her healthier, more fit body. She generally tries to eat five small meals a day now, but says, "I don't diet. I get up and work hard every day. I make sure I eat right and try to stay focused. It is about being consistent and sticking with it." The result? "It's a beautiful thing to regain your body," she says with enthusiasm.

So what's next? Besides her new role as spokesperson for Weight Watchers, she's prepping for the role of Winnie Mandela in a biopic about the controversial

wife of the South African leader Nelson Mandela, and her second album will be released later this year. She's also planning her upcoming wedding to David Otunga, a Harvard Law School graduate, reality TV star (*I Love New York 2*), and wrestler with World Wrestling Entertainment.

What really resonates with Hudson is that by keeping her eye off the scale and on the goal of living a long, healthy life, she is teaching her son good habits from the beginning. "Motherhood is the best thing in the world," she says. "I am loving it. Baby David is just the most beautiful person in my life, so it is all worth it. Everything I do will be out of love. That's what drives me."



To follow Jennifer's weight-loss journey, check out weightwatchers.com.



Weight Watchers is a healthy,
natural choice for me.
It makes sense for my life.”



BRILLIANT

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New

Find more information at WeightWatchers.com/cheese

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Try all four delicious varieties!
Garlic & Herb • Jalapeño Pepper •
Parmesan Peppercorn • Original Swiss

Weight Watchers



- Look Leaner!
- Hello, Bust Support!
- Tummy-Tamers!
- Real-Woman Tested!

Swimsuit Issue(s)

WRITTEN BY ERINN BUCKLAN
PHOTOGRAPHY BY KAREN PEARSON
STYLING BY ALANA KELEN

SOLVED! Turn the page ►

“I want a suit that’s cute but KEEPS ME COVERED!”

TAKE COVER

A belted mini-skirt offers a flirty take on full coverage.

NAUTICA, TOP, \$74;
BOTTOM, \$62



GET GIRLY

This classic bikini top paired with a modest skirt is a perfect match.

KENNETH COLE,
TOP, \$62;
BOTTOM, \$74



GO RETRO

A chic swim dress offers fuller coverage. Bonus: A secret tummy panel provides a sleeker shape.

JANTZEN, \$106



“Even though I’ve lost weight, I like suits that aren’t too revealing. I think this skirt suit is adorable.”

—Anntonette Butt, age 21

FLAUNT IT

A halter neckline narrows the shoulders and highlights shapely, well-defined arms. Gathered fabric and a slightly flared skirt conceal the upper thighs.

DR. RAY’S SHAPING SWIMWEAR, TOP, \$47;
BOTTOM, LANDS’ END, \$48.50



Before you shop: Read this!

The phrase “swimsuit shopping” can send even diehard mall-lovers running. Make your search easier with our advice.

PRIMP before you hit the stores: Style your hair, get a pedicure, and shave your legs. We’re talking unkind fluorescent lighting here, so give yourself every advantage.

PUT your pride aside when it comes to sizing. The rule of thumb is to go at least one size up for swimwear. Forget the number on the tag; focus on the feel and fit instead.

IGNORE the sale rack: These are the suits that were skipped over (usually for a good reason). Don’t scrimp when it comes to finding a flattering suit.

STRUT your stuff. In the dressing room, remove socks and sneakers, which make legs look shorter. Try your suit on with bare feet, or stand on tiptoes.

HAIR: GEORGE ORTIZ FOR L’ORÉAL PROFESSIONNEL TEXTURE EXPERT;
MAKEUP: LAZARUS. STILL LIVES: STEVE COHEN.

**"I'm ready to
FLAUNT MY NEW FIGURE!"**

**I want to show off
my smaller waist size.
In fact, I've never
worn a bathing suit in
public before."**

—Danyiele Myles, age 40



SEXY SUPPORT

Surprise! This one-strap suit can support a large bust. The secret is a hidden chest panel that provides extra hold. Also, the draped front slims your middle.

LANDS' END, \$62.50



TAKE A PEEK

A keyhole neckline is eye-catching; wide straps support the bust and highlight décolletage.

MIRACLESUIT, \$150



HOLD IT IN

This suit's body-shaping panel flattens the tummy and gives maximum control.

SPANX.COM, \$178



GO FOR GLITZ

Bronze fabric flatters every skin tone and the crisscross detailing on this suit creates an instant hourglass shape.

OLD NAVY, \$49.50

"I want a suit that's YOUNG AND FUN!"

DO THE WAVE

A one-piece tank with a wavy mod print subtly camouflages trouble areas.
OLD NAVY, \$49.50



GET A LIFT

This halter-style suit comes in a range of bra cup sizes to ensure a perfect fit on top.

PANACHE, TOP, \$88;
BOTTOM, \$33



CINCH IT IN

Still losing? Opt for a top with an adjustable tie empire waist so it shrinks as you do.

AVENUE, \$59



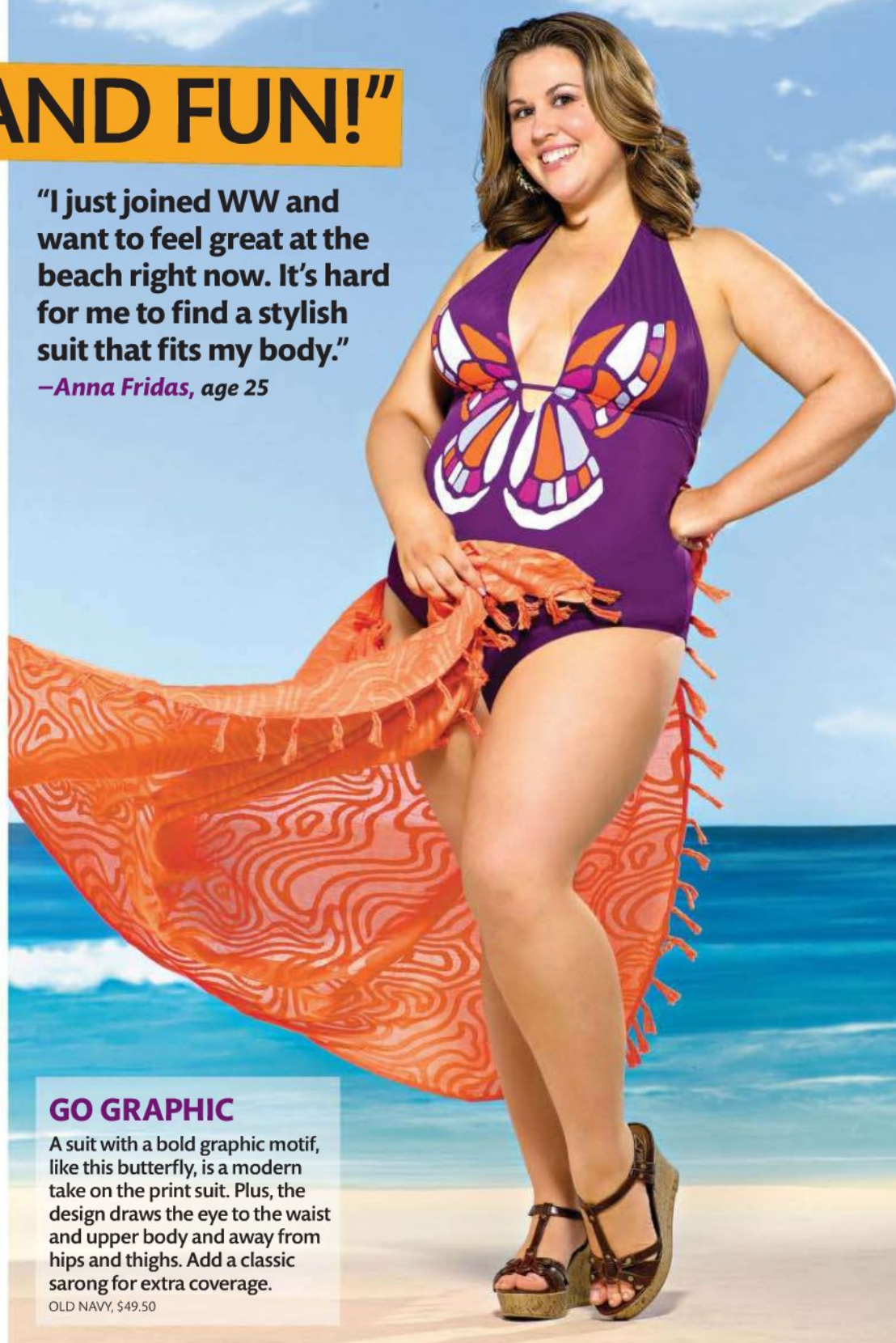
"I just joined WW and want to feel great at the beach right now. It's hard for me to find a stylish suit that fits my body."

—Anna Fridas, age 25

GO GRAPHIC

A suit with a bold graphic motif, like this butterfly, is a modern take on the print suit. Plus, the design draws the eye to the waist and upper body and away from hips and thighs. Add a classic sarong for extra coverage.

OLD NAVY, \$49.50



Found the suit? Now take care of it!

Once you've chosen the perfect suit, keep it looking great year after year.

SIT on a towel or chair at the beach. Sand or rocks can snag your suit—ditto for concrete edges at the pool. Those little pulls can make a new suit look old and frayed quickly.

RINSE the suit in cold water immediately after wearing. Chlorine, salt water, sunscreen, and sweat can destroy the delicate fibers that give a suit its shape.

SKIP detergent: The chemicals are too harsh for washing swimwear. Instead, hand-wash your suit in cold water with a mild lingerie soap to maintain its form-fitting shape.

PLACE the suit on a towel to air dry—never dry your suit in a dryer (which can cause shrinkage) or on an outdoor clothesline (because sun exposure can cause fading).

"I want a sporty suit that GIVES ME CURVES!"

"I'm down four dress sizes! I love to swim so I need a suit that stays put, is athletic, and looks sexy."

—Margaret Holmes, age 55



CHEAT A LITTLE

Suits made of "tummy tucking" fabrics (think control-top pantyhose) are the best way to fake great curves. Plus, the fabric will hold you in—helping your suit stay put during a swim.

MIRACLESUIT, \$160



THINK PINK

This tank has ruching (gathered fabric) to create the illusion of a waist.

REEBOK, \$80



BAND AID

Swaths of contrasting fabric (vertical for a long, lean line; horizontal to trim the waist) instantly flatter.

SPANX, \$198



FADE TO BLACK

This tankini highlights the bust and waist with strategically placed blocks of print.

LANE BRYANT,
TOP, \$59.50;
BOTTOM, \$39.50



Looking to shape up before swimsuit season? Log on to weightwatchers.com/toneup.

For shopping—and sizing—information on all these suits, see p. 143.





time to walk!

BY NATALIE GINGERICH • PHOTOGRAPHY BY CHRIS FANNING

Whether you're a seasoned walker or a newbie, chances are you don't give much thought to *when* you step out for your workout. However, new research is shedding light on the fact that there are definite pros and cons when it comes to walking at certain times of day. Here, we outline the latest research and reveal how to maximize your walking hours—morning, noon, or night.

morning

THE UPSIDE An early-morning walk means you'll sidestep any excuses and interruptions that might crop up during the day. This may be one reason that over 70 percent of chief executive officers exercise first thing in the morning, according to career expert James Citrin, author of *The Dynamic Path* (Rodale, 2007). Plus, a recent study from the Mollen Clinic, a preventive medicine research center, in Phoenix, found that 75 percent of morning exercisers stick with their routine.

THE DOWNSIDE Tough if you're not a natural early riser.

MAKE IT HAPPEN

- **MOVE IT** Climb out of bed and do 10 jumping jacks to get your blood pumping and ward off the sluggish feeling you have when you first get up.
- **MAKE IT EASY** Try this no-brainer a.m. routine: Sleep in your workout gear; when the alarm rings, just hop out of bed, lace up your sneakers, and go.
- **GET YOUR ZZZ'S** A good night's rest can make getting out of bed easier. Watch one less hour of TV in the evening and use that time to log at least seven hours, the minimum recommended by the National Sleep Foundation.

FROM THE WWM READER PANEL

43%
of readers surveyed walk
in the morning.



noon

THE UPSIDE It's good for your body—and your job. Researchers at the University of California, Los Angeles, found that when factory workers took three five-minute walking breaks during their shift, they gained a full 30 minutes in productivity. Also, a study presented at the American Council of Sports Medicine's annual 2009 meeting found that office workers who did aerobics during their lunch hour thought more clearly, managed their time better, and did higher-quality work.

THE DOWNSIDE Time out of the office and the midday sweat factor.

MAKE IT HAPPEN

■ **FIND FRIENDS** Recruit co-workers to join you—you'll feel less guilty about taking time away from your job.

■ **TAKE IT EASY** Walk slowly and steadily to minimize sweating.

■ **EAT LUNCH IN SHIFTS** Have part of your lunch (like an apple with peanut butter) an hour before heading out so that you're not starving while you walk.

FROM THE WWM READER PANEL

19%
of you step it out at lunchtime.



WALK WITH US! On June 6, lace up your sneakers for Weight Watchers Walk-It Day. Log on to weightwatchers.com/walkit to find a 5K in your area.

A full-page background image showing three women of different ethnicities jogging along a sandy beach. They are moving from left to right, away from the viewer. The woman on the left is wearing a bright blue jacket and black leggings. The woman in the middle is wearing a grey hoodie and red leggings. The woman on the right is wearing a grey long-sleeved shirt and purple leggings. They are all smiling and appear to be in good physical shape. The background shows the ocean waves and a bright, hazy sky, suggesting a sunset or sunrise setting.

night

THE UPSIDE Energy! For most of us, energy peaks in the evening. Plus, your heart and lungs are at their optimum levels for circulating blood and oxygen, so your walk feels easier.

THE DOWNSIDE You just want to kick back and relax after work.

MAKE IT HAPPEN

FUEL UP Have a filling snack, like a packet of instant oatmeal, as soon as you return home from work. This way, you won't be tempted to blow off your walk for dinner.

GET TO IT Slip on your sneakers and leave the house before the kids start asking for homework help or you get sidetracked by a TV show.

COOL IT DOWN After your walk, ease into nighttime mode with a series of yoga moves to promote relaxation and help you sleep better.

FROM THE WWM READER PANEL

38%
of readers walk in the evening.



morning

The goal? A cardio-focused walk that gets your blood pumping and leaves you energized for the rest of your day.

5 min	Begin walking at an EASY pace.
1 min	Roll your shoulders forward 10 times, then backward 10 times as you walk.
1 min	March, lifting your knees to hips.
1 min	Rotate arms in big circles, with palms facing up, 10 times forward, then 10 times backward, as you walk at an EASY pace.
1 min	Pick it up to a BRISK pace.
1 min	Return to an EASY pace.
5 min	Pick it up to a BRISK pace.
1 min	Slow down to an EASY pace.
4 min	Ramp up to a BRISK pace.
1 min	Slow down to an EASY pace.
3 min	Take it up to a FAST pace.
1 min	Slow down to a BRISK pace.
2 min	Speed up to a FAST pace.
3 min	Gradually slow to an EASY pace to cool down.

Total workout time: 30 min



noon

The lunchtime workout is all about efficiency—getting out, burning calories, and returning to work without missing a beat.

5 min	Begin walking at an EASY pace, then gradually pick it up to a BRISK pace.
3 min	Pick it up to a FAST pace. Climb a set of stairs or a hill if nearby. Otherwise, just increase your pace.
1 min	Slow down to a BRISK pace.
REPEAT the 3-min stair or hill climb, or faster-paced walk, 4 more times. Alternate with a 1-min BRISK walk.	
5 min	Walk at an EASY pace to cool down.

Total workout time: 30 min



night

Since your body's heart and lungs are functioning at their peak, you can maintain a harder effort longer. Do a few yoga poses afterward so you're not up all night.

10 min	Begin walking at an EASY pace, increasing gradually to a BRISK one.
4 min	Pick it up to a FAST pace.
2 min	Take it down to a BRISK pace.
4 min	Pick up the pace and walk FAST .
10 min	Return to a BRISK pace, gradually slowing down to an EASY pace.
5 min	Unwind with a series of yoga poses to promote end-of-day relaxation.

Total workout time: 35 min

Not sure if you're walking at the right pace? Here's how to gauge:

EASY You can talk and sing; your breathing is normal; you're not sweating. You can maintain this pace easily.	BRISK You can talk but not sing; your breathing is frequent and deep; you're sweating after 10 minutes.	FAST You can talk briefly but can't sing; your breathing is rapid and deep; you're sweating after 3–5 minutes.
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The latest in smart eating advice:

don't skip dessert.



Weight Watchers® Smart Ones® Chocolate Chip Cookie Dough Sundae – dreamy ice cream topped with cookie dough pieces and rich fudge sauce. For a **POINTS®** value of just 3 per serving, you can have a Sundae any day of the week.



SAVE \$4.00 at www.eatyourbest.com/wwmag



Gear Up and Go!

No matter when you walk, we've got the goods to make it easier.

morning



GET ROLLING This beeping alarm clock jumps off your nightstand and rolls around on your bedroom floor—forcing you to get out of bed to turn it off. CLOCKY, \$39, NANDAHOME.COM



COFFEE TO GO An airtight travel mug lets you swing your arms while you walk—without spilling a drop of your java. AUTOSEAL TRAVEL MUG, \$19.99, GOCONTIGO.COM

WISE WORDS With this doormat on your front step, your fitness goals stay in sight. FINISHLINE DOORMAT, \$32, AMAZON.COM



noon



SWEET SCENT Just a dab of solid perfume and no one at work will know you snuck out for a workout. PACIFICA PERFUME SOLIDS, \$9, PACIFICAPERFUME.COM



STEP OUT These shoes are cute enough for the office, yet have shock-absorbing soles for a comfy lunchtime walk. MIDORI MJ, \$80, KEENFOOTWEAR.COM

COME CLEAN No time for a shower? No problem! Fake clean hair with a powder shampoo. FAUX DRY, \$20, BLOWNY.COM



night

BUGS BE GONE! Mosquitoes are attracted to body heat, so exercisers are tempting targets. Use sweatproof insect repellant to keep bugs at bay. OFF! ACTIVE, \$5.99, AT DRUGSTORES



CUTE & COZY This moisture-wicking tank and hoodie combo keeps you toasty on chilly nights. MATCH POINT TANK, \$57; GOOD KARMA ON THE GO HOODIE, \$89, SWIMSPOT.COM

BRIGHTEN UP Lights on this arm band blink to make you visible during evening walks. LED REFLECTIVE ARM BAND, \$15 FOR TWO, SAFETYBRIGHT.COM



PHOTOGRAPHY: LISA VOSPER.

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daisybrand.com



FEED YOUR

BONES

Got milk? Good. But you'll need more than calcium to keep your bones strong. Check out the latest research on the keys to a healthy skeleton.

There are 206 bones in your body and every one is crucial to staying active and pain-free as you age. Consider the hip. A fracture in this joint causes permanent damage about 50 percent of the time and is fatal for 20 percent of people. Scary? You bet. Especially because osteoporosis, a disease that causes fragile bones, affects a whopping 10 million people in the United States, 80 percent of whom are women. In fact, a woman is more likely to break a hip due to osteoporosis than she is to contract breast, uterine, or ovarian cancer.

Now that you've chosen to live a healthier lifestyle, there's plenty you can do (and probably already are!) to keep your bones strong in the years ahead. A great place to start? The kitchen! The latest research suggests that what you eat and drink may have a direct impact on bone health and that the same foods that keep your cholesterol in check may also benefit your bones. Bottom line? **Most women start losing bone mass in their 30s, so it's especially important to start changing your eating habits as you reach that decade—and beyond.** Below, we offer a few easy ways to tweak your habits today that may help prevent weak and brittle bones down the road.

Lower your lipids New science suggests that eating foods that control your cholesterol may help to strengthen more than your heart. Scientists have long known that drugs that lower cholesterol also help reduce bone fractures, but a recent study from the University of California, Los Angeles, may finally explain why. People with high cholesterol have increased levels of oxidized LDL or "bad" cholesterol in their blood, and researchers found that this type of cholesterol prompts T cells (or immune system cells) to produce a chemical that accelerates bone loss. **In other words, lowering your cholesterol may actually help maintain bone mass.** "This is yet another great reason to keep cholesterol within the normal range of below 200 mg/dL to 240, which is considered borderline high," says Rita Effros, Ph.D., lead author of the study.

If you're unsure of your cholesterol levels, you may want

to ask your doctor about having a test called a fasting lipoprotein profile, which requires you to go without food or drink for 9-12 hours beforehand.

Kick your cola habit Researchers at Tufts University recently found that women who drink cola every day—diet or regular—have almost 4 percent lower bone-mineral density in the hip than women who abstain. The researchers speculate the reason is that **cola drinks contain phosphoric acid, which may leach calcium from bone.** The caffeine could be a problem, too, according to Katherine Tucker, Ph.D., lead author of the study, because it has been shown to interfere with calcium absorption. Fear not, coffee drinkers: Adding milk to your morning java may counteract some of caffeine's interference. If it's fizz you're after, replace colas with other carbonated beverages like flavored seltzers. "We didn't see a negative effect on bone from carbonated non-cola drinks," says Tucker.

Toast sparingly Drinking too much alcohol (three or more drinks a day) has been linked to low bone density, but a study from the Albert Einstein College of Medicine found that more **moderate consumption (one or two glasses of beer or wine a day) may actually help lower the risk of hip fractures,** because both contain phytochemicals that may guard against bone loss. This isn't an excuse to overindulge, however. Alcohol is a sneaky cause of weight gain; there are 150 calories in 12 oz. of beer and 120 in 5 oz. of wine. So say "yes" to an occasional brewski, but also know when to say "when."

Continued on p. 112.

BONE APPETIT!

Your Healthy Shopping List

The same foods that clog your arteries also impact the longevity of your bones. "Poor diet is a major contributor to osteoporosis," says Katherine Tallmadge, R.D., spokesperson for the American Dietetic Association. These foods will help control your cholesterol and maintain bone health:

- Almonds
- Asparagus
- Beer
- Broccoli
- Canola oil
- Cheese (low-fat)
- Extra-virgin olive oil
- Herring
- Mackerel
- Milk (low-fat)
- Oatmeal
- Oat bran cereal
- Oranges
- Peas
- Salmon
- Strawberries
- Walnuts
- Wine
- Yogurt (low-fat)

FOR DIETARY GUIDELINES ON THE FOODS LISTED ABOVE, LOG ON TO WWW.AMERICANHEART.ORG AND CLICK ON THE "NUTRITION CENTER" BANNER.

QUIZ: BONE UP!

In addition to eating healthier, there are lots of steps that you can take—starting right now!—to prevent future bone loss. How much do you know about keeping your bones in tip-top condition?

1 TRUE OR FALSE When it comes to exercise, swimming and cycling are two good ways to strengthen your bones.

FALSE As good as they are for your cardiovascular fitness, swimming and cycling don't do much to maintain or improve bone density because the key to bone health is keeping your feet on the ground. **"When you walk, run, or do aerobics, the impact of your heel hitting the floor sends a vibration through your skeleton that stimulates cell growth in the bones,"** explains Susan Branco, a certified fitness instructor and member of the National Osteoporosis Foundation. It's important, particularly after you hit 30, to fit in 30 minutes of weight-bearing exercise most days of the week. Thirtysomethings: Start incorporating a few resistance-training sessions into your weekly routine if you haven't already. "Strong muscles exert pressure on the bone, stimulating cell growth," says Branco.



2 TRUE OR FALSE Your birth control method may increase bone loss.

TRUE Although scientists have just begun to investigate the impact that some types of birth control have on bones, researchers from the University of Texas recently reported that nearly half of women receiving the birth control shot Depo-Provera lost 5 percent of their bone density in the hip and lower spine within two years. **Participants with the most significant bone loss were those who smoked, consumed too little calcium, or had never given birth.** When choosing a form of birth control, ask your doc for bone-friendly options—particularly if you have a family history of osteoporosis.

3 TRUE OR FALSE Taking a vitamin D supplement is essential for bone health.

THE JURY IS STILL OUT Initially, a batch of promising study results led scientists to sing the praises of vitamin D for everything from curing depression to controlling high blood pressure. More recently, however, some have begun to question the heal-all powers of D, which your body makes when exposed to sunlight and you also obtain in small amounts from fatty fishes and fortified milk. So can the vitamin work its magic on your bones?

New research suggests that adequate vitamin D intake is key for proper calcium absorption. In particular, a 2009 study by Swiss researchers suggests that 700 to 1,000 IUs daily reduces the risk of falling among seniors by 19 percent. "The current thinking is that vitamin D helps improve muscle strength, making falls less likely," explains Kimberly Templeton, M.D., associate professor of orthopedic surgery at Kansas University Medical Center.

PHOTOGRAPHY: NICK VEASEY/GETTY IMAGES.

Continued on p. 142.

*Join the
MyBONIVA® Program
and get one month
of BONIVA free!*



MyBONIVA is a free program that delivers ideas and support that can help women manage their osteoporosis. You'll get:

- One month of BONIVA free.*
- Helpful monthly reminders to take your BONIVA delivered by phone, e-mail, or mail.
- Updates from Sally Field.
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 - Bone-strengthening exercises.
 - Simple, delicious recipes.
 - Healthy lifestyle tips.



*You must be 18 years of age or older to join MyBONIVA. The free trial offer is limited to one per patient. MyBONIVA is a registered trademark of Roche Therapeutics Inc.



*I wanted to stop my bone loss.
But I did more. I reversed it
with BONIVA.**

Did you know osteoporosis runs in families? My mother and I both have it. I tried to keep my bones strong, but it wasn't enough. Now, once-monthly BONIVA is helping me do more. Studies show, after a year on BONIVA, 9 out of 10 women stopped and reversed their bone loss.[†]

BONIVA is a prescription medication to treat and prevent postmenopausal osteoporosis.

Ask your doctor if BONIVA is right for you.

Important Safety Information: You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, have severe kidney disease, or are allergic to BONIVA. Stop taking BONIVA and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow the dosing instructions for once-monthly BONIVA carefully to lower the chance of these events occurring. Side effects may include diarrhea, pain in the arms or legs, or upset stomach. Tell your doctor and dentist about all the medicines you take. Tell them if you develop jaw problems (especially following a dental procedure) or severe bone, joint, and/or muscle pain. Your doctor may also recommend a calcium and vitamin D supplement.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

*Bone density measured at the lumbar spine after 1 year of treatment. Individual results may vary.

[†]Bone density measured at the lumbar spine, total hip, or trochanter; 3 out of 4 at the femoral neck.

Please read Patient Information on the next page.

**Enroll today. Call 1-888-259-9960 or
visit BONIVAFreetrial.com and try BONIVA free.**

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Help Stop and Reverse Bone Loss

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9893500



IMPORTANT FACTS ABOUT BONIVA

(bon-EE-va) ibandronate sodium 150-mg tablet

What is BONIVA?

BONIVA, a bisphosphonate, is a prescription medicine used to treat and prevent osteoporosis in postmenopausal women, characterized by weakening of the bone.

Taken once a month in tablet form, BONIVA may stop and reverse bone loss in most women. It has been clinically proven to help build and maintain bone density, which can help reduce fractures.

What is the most important information about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers.

Who should not take BONIVA?

Do not take BONIVA if you:

- have low blood calcium (hypocalcemia)
- cannot sit or stand for at least 60 minutes
- have kidneys that work very poorly
- are allergic to BONIVA or any of its ingredients. See Patient Information for complete list

Before you start BONIVA.

Tell your health care provider if you:

- are pregnant or plan to become pregnant
- are breast-feeding
- have trouble swallowing or other problems with your esophagus
- have kidney problems
- are planning a dental procedure such as tooth extraction

Tell your health care provider and dentist about all medications you're taking, including vitamins, antacids, and supplements.

How should you take BONIVA?

You must take BONIVA exactly as instructed by your health care provider.

- Take first thing in the morning, on the same day each month.
- Swallow whole (do not chew or suck) with a full glass (6 to 8 oz) of plain water (not sparkling or mineral). Do not take with tea, coffee, juice, or milk.
- After you take BONIVA, remain standing or sitting at least 60 minutes before you eat, drink, lie down, or take any other oral medications, including calcium, vitamins, and antacids. Some medicines can stop BONIVA from getting to your bones.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.
- If you miss a monthly dose and your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150 mg tablet in the morning following the day that you remember. Do not take two 150 mg tablets within the same week. If your scheduled BONIVA day is only 1 to 7 days away, wait until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule. If you are not sure what to do if you miss a dose, contact your health care provider who will be able to advise you.

What are the possible side effects of BONIVA?

Stop taking BONIVA and call your health care provider right away if you have pain or trouble swallowing, chest pain, or very bad heartburn or heartburn that does not get better. Follow dosing instructions carefully to decrease the risk of these effects.

BONIVA may cause:

- Pain or trouble swallowing
- Heartburn
- Ulcers in stomach or esophagus

Common side effects are:

- Diarrhea
- Pain in extremities (arms or legs)
- Upset stomach

Less common side effects are:

- short-term, mild flu-like symptoms, which usually improve after the first dose

Rarely, patients have reported allergic and skin reactions. Contact your health care provider if you develop any symptoms of an allergic reaction including skin rash (with or without blisters), hives, wheezing, or swelling of the face, lips, tongue or throat. Get medical help right away if you have trouble breathing, swallowing, or feel light-headed.

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take oral bisphosphonate drugs. Contact your health care provider if you develop these symptoms after starting BONIVA.

Rarely, patients have reported serious jaw problems associated with delayed healing and infection, often following dental procedures such as tooth extraction. If you experience jaw problems, contact your health care provider and dentist.

This summary is not a complete list of side effects. For a complete list, consult your health care provider or pharmacist.

Want to know more?

This summary is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or treatment. For more complete information, talk to your health care provider or pharmacist.

Visit myboniva.com or call 1-888-MyBONIVA for the complete Prescribing Information, which includes the Patient Information.

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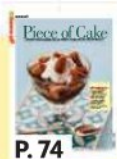
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notebook



Leftover Ladyfingers?

If you've made our delicious desserts and have some extra ladyfingers on hand, try these almost-instant sweets:



✿ **Summer Pudding** Mash fresh raspberries and sugar to taste. Layer in dish with crisp ladyfingers. Chill 2 hours.

✿ **Icebox Cake** Fill dish with layers of soft ladyfingers. Make your favorite sugar-free fruit-flavored gelatin mix as directed; pour over ladyfingers. Chill until firm.

✿ **Jam Fingers** Split soft ladyfingers lengthwise. Spread a side of each flat half with strawberry jam; top with remaining ladyfinger halves, rounded side up, to make sandwiches.



SUPPORT YOUR PEAS

Because vines of homegrown peas can reach over 5 feet long, you'll need to build a simple trellis—or frame—to support the climbing plants. A trellis also ensures a better yield and helps protect against possible root damage. Install the trellis before you plant seeds in the garden or transfer seedlings from a pot. Here's how: Set 2 (6- to 8-foot) stakes at desired distance. Attach lengths of sturdy wire (available at garden centers), about 10 inches apart, between stakes. Vertically weave untreated sisal, cotton, or hemp twine from top to bottom of wire; vines will climb up the twine as they grow.



Jam Session



Strawberries are at their juicy best right now. Extend the season with our Superquick Jam:

1 Hull and slice 1 lb strawberries; put in large skillet. Add juice and zest of ½ lemon, 2 Tbsp powdered fruit pectin, and 1 tsp butter. Bring to boil, stirring and mashing with spoon. Boil 1 minute.

2 Stir in 1¼ c sugar until blended; return mixture to boil. Boil, stirring frequently, until syrupy, 2 minutes. Let cool 15 minutes.

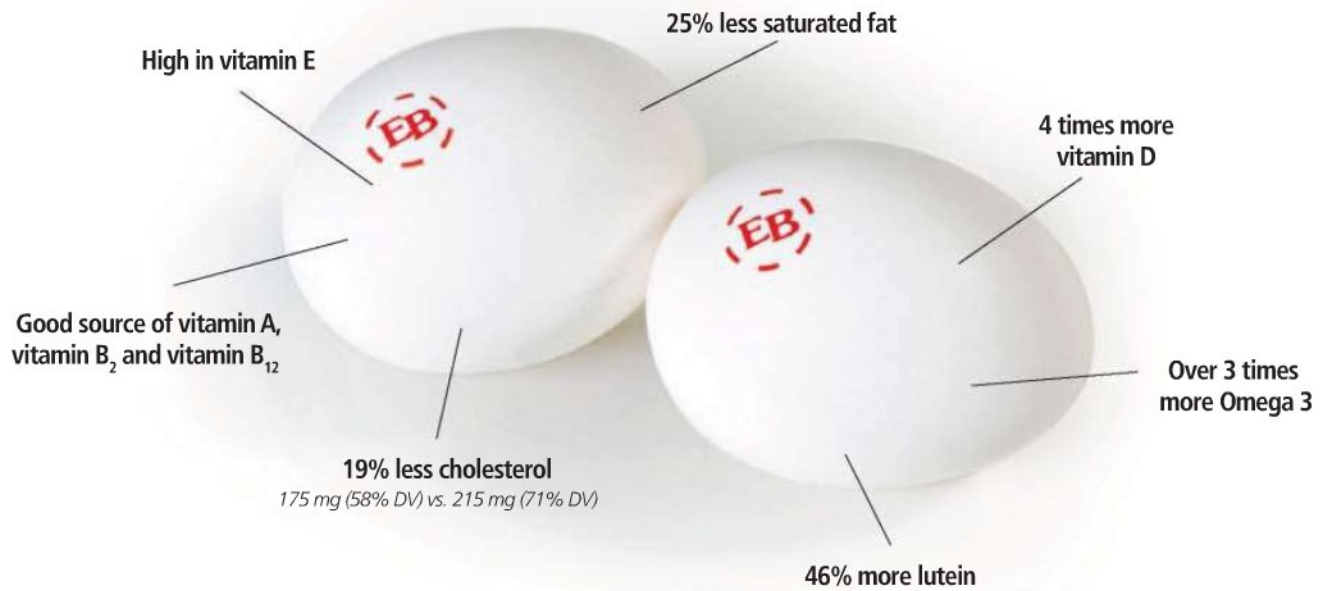
3 Pour into clean jars with tight-fitting lids. Cover and chill 8 hours or up to 3 weeks. (Freeze in freezer containers up to 1 year.)

MAKES 10 SERVINGS. **PER SERVING** (¼ C): **POINTS VALUE 2.**

E-Z JAM No need to sterilize jars and lids in boiling water; just run them through the dishwasher before using.

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Soy Easy!



Tofu and tempeh are such inexpensive sources of protein, it pays to buy an extra package or two to stash in the freezer. Here's how:

Tofu

- **Remove** tofu from its container and drain in a colander.
- **Wrap** tofu in several layers of plastic wrap. Or place tofu in a tightly sealed airtight container.
- **Freeze** up to 3 months. Let thaw in the refrigerator overnight.

Tempeh

- **Pat** tempeh dry with paper towels.
- **Wrap** tempeh tightly in plastic wrap, then foil.
- **Freeze** up to 6 months. Let thaw at room temperature, about 2 hours, or in the refrigerator overnight.

Baker's Secret Making our fab PB-and-Chocolate Chip Cookies, p. 72?

For perfectly identical baked treats, measure the cookie dough with a mini-ice cream scoop instead of a spoon.



GO FISH!

Follow these handy hints for seafood success every time.

SHOPPING

- **Buy seafood** from a reputable market manned by helpful, knowledgeable employees.
- **Choose fresh fish** with shiny scales; intact, clear eyes; and a fresh, mild aroma. For packaged fresh fish, check the "sell by" or "use by" date.
- **Look for clams, oysters, and mussels** that are tightly closed. (But if you tap a gaping shell and it closes, it will be safe to cook too.)
- **Consider frozen seafood:** It's flash-frozen within hours of being caught, which locks in flavor and moisture. Thaw in the fridge.

STORING

- **Refrigerate fish** in its original packaging, and refrigerate clams,

oysters, and mussels in bowl covered with a damp kitchen towel, 1–2 days.

- **Freeze seafood** tightly wrapped in moisture-proof freezer paper or foil up to 4 months. Thaw in the fridge.

COOKING

- **Cook whole fish, large fillets, or steaks** until an instant-read thermometer inserted into the thickest part of flesh reads 140°F.
- **Cook thin fish fillets** until the flesh is almost fully opaque in center (to check, make small slit with a knife). Set aside; let stand 2 minutes.
- **Discard any clams, oysters, or mussels** that do not open after about 5 minutes of cooking.
- **Cook shrimp or scallops** until opaque and slightly firm.



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WTW050610-204



recipes

JUST CAUGHT!

Roast Fish in Salt **A**

PREP 20 MIN **ROAST/COOK** 40 MIN
SERVES 6

- 1 (2½-lb) striped bass, cleaned, tail and head on
- 1 small bunch fresh chives
- 10 fresh chervil sprigs
- 4 c kosher salt
- 1 English (seedless) cucumber, peeled, seeded, and thickly sliced
- ¾ lb radishes, trimmed and sliced
- 2 Tbsp seasoned rice vinegar
- 2 tsp light stick butter
- 1 lemon, cut into 6 wedges

1 Preheat oven to 450°F. Line large rimmed baking pan with foil.

2 Chop enough chives and chervil to equal 2 Tbsp of each. Transfer herbs to bowl and set aside. Stuff striped bass cavity with remaining chives and chervil.

3 Place 2 c salt in roasting pan, spreading it about ½ inch longer and wider than fish. Place fish on salt. Spread remaining 2 c salt over fish to cover completely. Roast fish just until an instant-read thermometer inserted into thickest part near backbone (through salt crust) registers 140°F, about 40 minutes.

4 About 10 minutes before roasting time is up, spray large nonstick skillet with nonstick spray and set over medium heat. Add cucumber and radishes; cook, stirring frequently, until vegetables are crisp-tender, about 4 minutes. Remove skillet from heat; stir in vinegar, butter, and chopped herbs until butter melts.

5 To serve, tap salt crust to release from top of fish; discard with skin. Starting



Roast Fish in Salt

below head, slide metal spatula under top fillet and transfer to platter. Slide spatula under backbone and lift it off bottom fillet. Discard backbone and herb sprigs. Slide spatula between bottom fillet and skin and transfer fillet to platter. Serve with vegetables and lemon wedges.

PER SERVING (½ FISH WITH ¾ CUP VEGETABLES): 292 CAL, 9 G FAT, 3 G SAT FAT, 0 G TRANS FAT, 111 MG CHOL, 626 MG SOD, 6 G CARB, 2 G FIB, 44 G PROT, 86 MG CALC. **POINTS VALUE:** 6.

IN THE KITCHEN You can also test the sea bass for doneness by inserting a small sharp knife into the thickest part of the fish near the backbone. The flesh should be opaque throughout. If not, bake another 8–10 minutes.

Roast Salmon Salad **I**

PREP 25 MIN **ROAST** 35 MIN **SERVES** 4

- 1 lb beets, peeled, halved, and sliced
- 1 large leek, halved lengthwise, cleaned, and sliced, white and light green parts only
- 1 tsp olive oil
- ½ tsp salt
- ¾ lb cremini or white mushrooms, halved or quartered if large
- 2 garlic cloves, crushed through a press
- Grated zest and juice of ½ lemon
- ⅓ tsp black pepper
- 4 (5-oz) skinless salmon fillets
- 4 c baby spinach

1 Preheat oven to 425°F. Lightly spray



Citrus, Salmon, and
Fennel Salad, page 148



Beef Tenderloin Steaks with
Mushroom Gravy and Garlic
Green Beans, page 103

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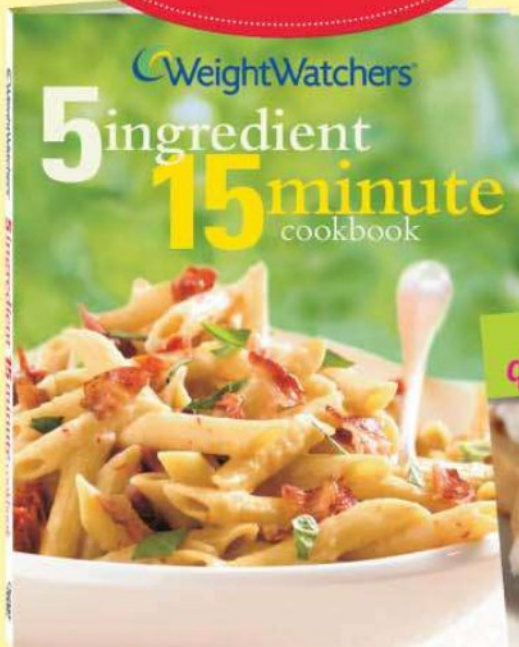
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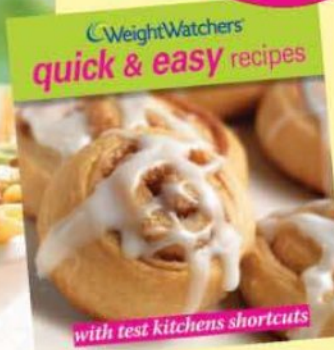


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NATURE'S PRIDE® SPICY CHICKEN SALAD SANDWICH

Makes four servings

- 1 rotisserie chicken
- ¼ cup finely chopped celery (about 1 stalk)
- ¼ cup finely chopped green bell pepper
- 1 green onion (white and green parts), finely chopped
- ½ cup light mayonnaise
- 2 tablespoons Dijon mustard
- 1½ teaspoons Cajun seasoning
- ¼ teaspoon hot pepper sauce
- 8 medium tomato slices
- 4 lettuce leaves
- 8 slices **Nature's Pride® OvenClassics** Oatmeal bread

Remove chicken from the bone and dice into ½ to 1-inch cubes. Place chicken in a mixing bowl; discard skin and bone. Add celery, green pepper and green onion; toss gently to combine.

In small bowl, combine mayonnaise, mustard, Cajun seasoning and hot pepper sauce. Pour mayonnaise mixture over chicken mixture and toss gently to combine.

Divide chicken salad between four slices of bread and spread evenly. Top with tomato slices and lettuce. Top with remaining slices of bread. Cut in half and serve.



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recipes

large rimmed baking pan with nonstick spray.

2 Spread beets over half of pan and leek over other half. Drizzle ½ tsp oil over leek; sprinkle beets and leek with ¼ tsp salt. Cover pan tightly with foil and roast 15 minutes. Remove pan from oven; stir in mushrooms and garlic. Roast uncovered 10 minutes.

3 Meanwhile, mix remaining ¼ tsp salt, lemon zest, and pepper in cup; sprinkle evenly over salmon.

4 Remove pan from oven; push vegetable mixture toward sides of pan. Place fillets in single layer in center of pan. Roast until vegetables are tender and fillets are just opaque in center, 8–10 minutes.

5 To make salad, transfer fillets to plate. Place spinach in center of pan; drizzle with remaining ½ tsp oil and lemon juice. Toss spinach with vegetables. Serve fillets with salad. This recipe works with the Simply Filling technique.

PER SERVING (1 FILLET WITH 1½ CUPS SALAD): 291 CAL, 10 G FAT, 3 G SAT FAT, 0 G TRANS FAT, 93 MG CHOL, 472 MG SOD, 16 G CARB, 4 G FIB, 35 G PROT, 91 MG CALC. **POINTS VALUE: 6.**

FILLING EXTRA Add ½ lb scrubbed red or white baby potatoes with the beets in step 2 and up the per-serving **POINTS** value by 1.

Fish en Papillote

PREP 25 MIN **MICROWAVE/BAKE** 35 MIN
SERVES 4

¾ lb fingerling or small red potatoes

1 Tbsp water

1 fennel bulb, halved and sliced

1 garlic clove, crushed through a press

½ tsp salt

4 (5-oz) skinless sole or flounder fillets

3 Tbsp chopped fresh dill

Grated zest of ½ orange

⅓ tsp black pepper

2 plum tomatoes, sliced

1 Preheat oven to 400°F.

2 Combine potatoes and water in 2-quart microwavable bowl. Cover with wax paper and microwave on High 5 minutes. Add fennel; cover

and microwave until potatoes are fork-tender, 4–5 minutes. Uncover and drain off any cooking liquid. Let stand until potatoes are cool enough to handle, about 5 minutes. Cut potatoes lengthwise into ½-inch slices. Return to bowl; stir in fennel, garlic, and ¼ tsp salt.

3 Place fillets, skinned side up, on work surface; sprinkle with dill, orange zest, remaining ¼ tsp salt, and pepper. Fold ends of each fillet onto each other to make a square.

4 Tear off 4 (15-inch) sheets of parchment paper or heavy-duty foil. Fold each sheet in half and crease it in center. Unfold. Spoon one fourth of vegetables onto one half of each piece near crease; spread into 4-inch circle. Top each circle with 1 fillet, folded ends down, and one fourth of tomatoes. Fold over remaining parchment to enclose filling. Make overlapping folds at edge of parchment to tightly seal and form a packet, allowing room to expand.

5 Transfer packets to large rimmed baking sheet. Bake about 25 minutes. To check for doneness, open one packet (be careful of escaping steam, which could cause burns); fillet should be just opaque in center and vegetables should be tender. If fish is not done, reseal packet and return it to oven until cooked through. Serve drizzled with any juices. This recipe works with the Simply Filling technique.

PER SERVING (1 FILLET WITH ABOUT ¾ CUP VEGETABLES): 208 CAL, 2 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 69 MG CHOL, 439 MG SOD, 21 G CARB, 4 G FIB, 27 G PROT, 71 MG CALC. **POINTS VALUE: 4.**

BONUS RECIPE!

LEMONY ARUGULA SALAD

Whisk grated zest and juice of 1 lemon, 4 tsp extra-virgin olive oil, 1 tsp whole-grain mustard, and salt and black pepper to taste in bowl. Add 1 (5-oz) bag baby arugula; toss to coat. Serves 4.

PER SERVING (¾ CUP) **POINTS VALUE: 1.**

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Sake-Glazed Tuna



Crab Cakes with Mango Relish

Sake-Glazed Tuna **B**

PREP 5 MIN **COOK** 10 MIN **SERVES** 4

- 3 Tbsp sake or white wine
- 1 Tbsp rice vinegar
- 1 Tbsp reduced-sodium soy sauce
- 1 Tbsp honey
- 1 tsp minced peeled fresh ginger
- 2 tsp wasabi
- 4 (5-oz) tuna steaks
- ½ tsp salt
- ¼ tsp coarsely ground black pepper
- 2 scallions, thinly sliced

1 To make sauce, bring sake, vinegar, soy sauce, honey, ginger, and wasabi to boil in small saucepan. Reduce heat and simmer, stirring occasionally, until sauce thickens, about 5 minutes. Remove saucepan from the heat; cover and keep warm.

2 Meanwhile, sprinkle tuna with salt and pepper. Spray large nonstick skillet with nonstick spray and set over medium-high heat. Add tuna and cook 2–3 minutes per side for medium-rare

or until desired doneness. Top with sauce and scallions.

PER SERVING (1 STEAK WITH 2 TBSP SAUCE): 208 CAL, 7 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 84 MG CHOL, 514 MG SOD, 6 G CARB, 0 G FIB, 28 G PROT, 25 MG CALC. **POINTS VALUE:** 5.

FILLING EXTRA Microwave an 8.8-oz bag of shelf-stable cooked brown rice according to package directions to serve with the tuna (and up the per-serving **POINTS** value by 2).

Kitchen Coach

IS IT DONE? Tuna steaks are extra-lean, so if you cook them beyond medium, they'll be dry. To test tuna for doneness, make a slit in the center of a steak with the tip of a small knife. If the flesh is pink, the tuna is medium rare; if the tuna is pale pink, it's medium.

Crab Cakes with Mango Relish **I**

PREP 30 MIN **COOK** 5 MIN **SERVES** 4

- ½ c cornflake crumbs
- 1 lb cooked jumbo lump crabmeat, picked over
- ⅓ c snipped fresh chives
- ¼ c low-fat mayonnaise
- 3 Tbsp plain dried whole wheat bread crumbs
- 1 Tbsp Dijon mustard
- 1 large egg white, lightly beaten
- Grated zest and juice of ½ lemon
- ⅛ tsp cayenne
- 1 large mango, peeled and diced
- 1 large plum tomato, diced
- ½ red onion, diced
- 1 serrano pepper, finely chopped
- 2 tsp white-wine vinegar
- ¼ tsp salt
- 2 tsp olive oil

1 Line large baking sheet with sheet wax paper. Add cornflake crumbs and spread in even layer.

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Peppery Scallops with Herb Vinaigrette



2 Mix crabmeat, chives, mayonnaise, bread crumbs, mustard, egg white, lemon zest and juice, and cayenne in large bowl. With moistened hands, form mixture into 8 small round cakes. Transfer cakes to crumbs; evenly coat both sides of each cake. Cover cakes loosely with plastic wrap and refrigerate until chilled, at least 15 minutes or up to 1 hour.

3 Meanwhile, to make relish, mix mango, tomato, onion, pepper, vinegar, and salt in medium bowl.

4 Heat oil in large nonstick skillet over medium heat. Add crab cakes and cook until crisp and golden, about 3 minutes per side. Serve with relish.

PER SERVING (2 CAKES WITH ½ CUP RELISH): 279 CAL, 10 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 119 MG CHOL, 730 MG SOD, 23 G CARB, 2 G FIB, 26 G PROT, 139 MG CALC. **POINTS VALUE: 6.**

IN THE KITCHEN Chill the mango relish in an airtight container up to 2 days to also serve with broiled fish or chicken.

Peppery Scallops with Herb Vinaigrette **B**

PREP 20 MIN **COOK** 10 MIN **SERVES** 4

½ c fresh flat-leaf parsley leaves

½ c fresh cilantro leaves

½ c fresh mint leaves

1 shallot, chopped

¼ c white balsamic vinegar

¼ c low-sodium chicken broth

1 Tbsp + 2 tsp olive oil

¾ tsp salt

2 lbs large sea scallops

¾ tsp coarsely ground black pepper

1 To make vinaigrette, puree parsley, cilantro, mint, shallot, vinegar, broth, 1 Tbsp oil, and ¼ tsp salt in blender or food processor.

2 Pat scallops dry with paper towels; sprinkle both sides with remaining ½ tsp salt and pepper.

3 Heat 1 tsp oil in large nonstick skillet

Kitchen Coach

BETTER SCALLOPS If you see a white strip (i.e., a muscle) along the short edge of a scallop, remove it before cooking. Although the muscle is edible, it tends to be the toughest part of an otherwise delicately textured shellfish.

over medium-high heat. Add half of scallops and cook until browned but still slightly translucent in center, 2–3 minutes per side. With tongs, transfer to platter; cover and keep warm. Repeat with remaining scallops and 1 tsp oil. Serve topped with vinaigrette. This recipe works with the Simply Filling technique.

PER SERVING (ABOUT 8 SCALLOPS WITH SCANT ¼ CUP VINAIGRETTE): 202 CAL, 7 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 60 MG CHOL, 756 MG SOD, 5 G CARB, 1 G FIB, 27 G PROT, 153 MG CALC. **POINTS VALUE: 4.**

FILLING EXTRA For another **1 POINT** value per serving, serve scallops atop 4 small cooked peeled potatoes mashed with ⅓ c hot fat-free milk and 2 Tbsp chopped fresh herbs.

Roast Cod Puttanesca **B**

PREP 15 MIN **COOK/ROAST** 20 MIN
SERVES 4

2 tsp extra-virgin olive oil

1 medium red onion, finely chopped

3 garlic cloves, minced

1 c canned diced tomatoes, drained

¼ c dry red wine

3 Tbsp capers, drained

10 oil-cured black olives, pitted and chopped

¼ tsp red pepper flakes

4 (5-oz) cod fillets, about 1 inch thick

¼ c thinly sliced fresh basil

1 Preheat oven to 425°F.

2 Heat oil in large ovenproof skillet over medium heat. Add onion and garlic; cook, stirring occasionally, until onion is softened, about 8 minutes. Add tomatoes, wine, capers, olives, and red pepper flakes; bring to boil. Reduce heat and simmer until flavors are blended, about 3 minutes.

3 Remove skillet from heat. Add cod,

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turning to coat with sauce. Transfer skillet to oven. Roast until fillets just opaque in center, about 10 minutes. Serve, sprinkled with basil.

PER SERVING (1 FILLET WITH ABOUT ½ CUP SAUCE): 191 CAL, 5 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 75 MG CHOL, 483 MG SOD, 7 G CARB, 2 G FIB, 28 G PROT, 66 MG CALC. **POINTS VALUE: 4.**

IN THE KITCHEN This recipe is equally delicious prepared with haddock instead of cod.

Catfish with Couscous B

PREP 25 MIN **COOK** 16 MIN **SERVES** 4

- 1 tsp ground cumin
- ½ tsp ground coriander
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp ground allspice
- 4 (5-oz) catfish fillets
- ⅔ c whole wheat couscous
- 1 red onion, diced
- 1 pint red or yellow cherry tomatoes, halved

Juice of ½ lemon

2 Tbsp chopped pitted green olives

2 Tbsp chopped fresh dill

2 Tbsp chopped fresh mint

1 Mix cumin, coriander, ¼ tsp salt, ⅛ tsp pepper, and allspice in cup; sprinkle evenly over catfish.

2 Spray large nonstick skillet with nonstick spray and set over medium-high heat. Add fillets, skin side up, and cook just until opaque in center, about 5 minutes per side.

3 Meanwhile, cook couscous according to package directions omitting salt if desired.

4 Transfer fillets to platter; cover and keep warm. Add onion and tomatoes to skillet; cook, stirring frequently, until onion softens, about 5 minutes. Add 1 Tbsp lemon juice, olives, and remaining ¼ tsp salt and ⅛ tsp pepper; cook, stirring frequently, until flavors are blended, about 1 minute.

5 Fluff couscous with fork. Stir in dill, mint, and remaining lemon juice. Spoon tomato mixture over fillets and serve with couscous. This recipe works with the Simply Filling technique.

PER SERVING (1 FILLET WITH SCANT ½ CUP TOMATO MIXTURE AND ½ CUP COUSCOUS): 364 CAL, 10 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 107 MG CHOL, 644 MG SOD, 32 G CARB, 6 G FIB, 35 G PROT, 111 MG CALC. **POINTS VALUE: 7.**

FILLING EXTRA In step 3, stir 1 c rinsed and drained canned chickpeas into the couscous along with the herbs and lemon juice (and up the per-serving **POINTS** value by 1).

BONUS RECIPE!

TROPICAL SHRIMP

Mix 2 c cooked peeled and deveined shrimp,

1 c diced papaya, 1 diced bell pepper, 4 tsp low-fat mayonnaise, and grated zest of 1 lime. Serves 4.

PER SERVING (¾ CUP) **POINTS VALUE: 1.**



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Herb-Parmesan Tilapia **I**

PREP 15 MIN **COOK** 20 MIN **SERVES** 4

- 1 large egg white
 - 1 tsp water
 - $\frac{3}{4}$ c whole wheat panko (bread crumbs)
 - 3 Tbsp grated Parmesan cheese
 - 1 Tbsp finely chopped fresh basil or 1 tsp dried
 - 1 Tbsp finely chopped fresh oregano leaves or $\frac{1}{2}$ tsp dried
 - $\frac{1}{4}$ tsp salt
 - $\frac{1}{8}$ tsp black pepper
 - 4 (5 oz) skinless tilapia fillets
 - 2 tsp olive oil
 - 1 pint assorted-color cherry tomatoes, halved
 - 1 garlic clove, crushed through a press
- 1 Preheat oven to 250°F.
2 Whisk egg white and water in shallow dish. Combine panko, Parmesan, basil, oregano, salt, and pepper; spread on sheet of wax paper.

WHAT IS SUSTAINABLE SEAFOOD?

If you want to enjoy fish but you're concerned about its supply and the environmental impact, then buy sustainable seafood. By making that choice, you'll be purchasing seafood that's plentiful enough to be on the market, without risking its availability for future generations. Use this list of sustainable seafoods from the National Oceanic and Atmospheric Administration Fisheries Service and the Monterey Bay Aquarium, or ask your fishmonger for available sustainable choices.

- **CATFISH** U.S. farm-raised
- **CLAMS** U.S. farm-raised steamers or littlenecks
- **COD** U.S. Pacific
- **CRAB** U.S. or Canadian Dungeness; Alaskan king
- **FLOUNDER** U.S. Pacific wild-caught
- **HADDOCK** U.S. Northeast Atlantic
- **SALMON** U.S. Pacific Northwest wild-caught pink or Alaskan Coho
- **SEA SCALLOPS** U.S. Atlantic or Canadian wild-caught
- **SHRIMP** U.S. farm-raised; U.S. South Atlantic, Gulf of Mexico, or Canadian wild-caught
- **SOLE** U.S. Pacific or Alaskan wild-caught
- **STRIPED BASS** U.S. farm-raised or wild-caught
- **TILAPIA** U.S. farm-raised
- **TUNA** U.S. Atlantic yellowfin



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3 Working with 1 tilapia fillet at a time, dip each side into egg-white mixture, letting excess drip off, then coat both sides in panko mixture, pressing down so crumbs adhere. Transfer to another sheet of wax paper and spray with olive oil nonstick spray.

4 Heat 1 tsp oil in large nonstick skillet over medium-high heat. Add 2 fillets and reduce heat to medium. Cover and cook until crumbs brown and fillets are just opaque in center, about 5 minutes per side. Transfer to baking sheet and place in oven to keep warm. Repeat with remaining 1 tsp oil and 2 fillets.

5 Wipe out skillet and set over medium heat. Add tomatoes and garlic; cook, stirring frequently, until slightly softened, about 2 minutes. Spoon tomato mixture over fillets.

PER SERVING (1 FILLET WITH ½ CUP TOMATOES): 248 CAL, 6 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 79 MG CHOL, 384 MG SOD, 15 G CARB, 3 G FIB, 32 G PROT, 103 MG CALC. **POINTS VALUE: 5.**

FILLING EXTRA Serve this Italian-style tilapia with a side of instant polenta (½ c cooked polenta will increase the per serving **POINTS** value by 2).

Chilled Striped Bass in Spicy Vinegar Sauce **B**

PREP 20 MIN **BROIL/COOK** 10 MIN **SERVES** 6

3 (½-lb) striped bass fillets, skinned and cut crosswise in half

Juice of 2 limes

¼ tsp kosher salt

¼ tsp black pepper

1 Tbsp + 1 tsp olive oil

1 medium red onion, thinly sliced

1 c white-wine vinegar

2 serrano peppers, seeded and cut into thin strips

2 bay leaves

½ tsp ground cumin

¼ tsp ground allspice

6 c shredded romaine or iceberg lettuce

1 Place sea bass in 9 x 13-inch baking dish in single layer; drizzle with lime juice. Cover and refrigerate, turning fillets twice, 30 minutes.

2 Meanwhile, spray broiler rack with nonstick spray; preheat broiler.

3 Sprinkle fillets with salt and black

pepper; place on broiler rack. Broil, 6 inches from heat, until fillets are just opaque in the center, 4–5 minutes.

4 Meanwhile, wash and dry baking dish. Transfer cooked fillets to dish in single layer and reserve.

5 Heat oil in medium nonstick skillet over medium heat. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Add vinegar, peppers, bay leaves, cumin, and allspice; bring to simmer. Pour marinade over fillets; cover and refrigerate at least 2 hours or overnight.

6 To serve, discard bay leaves from marinade. Divide lettuce among 6 plates. With slotted spatula, place ½ fillet on top of each serving of lettuce. This recipe works with the Simply Filling technique.

PER SERVING (½ FILLET WITH 1 CUP LETTUCE): 166 CAL, 7 G FAT, 2 G SAT FAT, 0 G TRANS FAT, 50 MG CHOL, 128 MG SOD, 4 G CARB, 1 G FIB, 21 G PROT, 47 MG CALC. **POINTS VALUE: 4.**

FILLING EXTRA For an extra **1 POINTS** value per-serving, accompany this dish with a steaming hot platter of corn on the cob.

Balsamic Shrimp Sauté **B**

PREP 15 MIN **COOK** 15 MIN **SERVES** 4

1 Tbsp extra-virgin olive oil

1 large red onion, thinly sliced

3 any-color bell peppers, sliced

1 large fennel bulb, sliced or 1 tsp fennel seeds

4 garlic cloves, chopped

3 plum tomatoes, diced

2 tsp chopped fresh thyme or 1 tsp dried

¾ tsp salt

¼ tsp red pepper flakes

1½ lbs medium shrimp, peeled and deveined

1½ Tbsp balsamic vinegar

1 Heat oil in large nonstick skillet over medium-high heat. Add onion, bell peppers, and fennel; cook, stirring frequently, until softened, 6–8 minutes. Add garlic and cook, stirring constantly, just until fragrant, about 30 seconds. Add tomatoes, thyme, salt, and red pepper flakes; cook, stirring frequently, until the tomatoes soften,

about 2 minutes.

2 Add shrimp and cook, stirring frequently, until shrimp are just opaque in center, about 5 minutes. Serve drizzled with vinegar. This recipe works with the Simply Filling technique.

PER SERVING (ABOUT 2 CUPS): 190 CAL, 5 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 160 MG CHOL, 668 MG SOD, 17 G CARB, 5 G FIB, 20 G PROT, 93 MG CALC.

POINTS VALUE: 3.

FILLING EXTRA Spoon each serving of this savory shrimp over 1 c cooked whole wheat pasta and increase the **POINTS** value by 2.

Savory Steamed Clams **B**

PREP 15 MIN **COOK** 10 MIN **SERVES** 4

1 (16-oz) can light beer

1½ c bottled clam juice

1 bay leaf

4½ dozen littleneck clams, scrubbed

1½ c fat-free salsa

1 small lime, peeled, seeded, and chopped

3 Tbsp coarsely chopped flat-leaf parsley

1 Bring beer, clam juice, and bay leaf to rolling boil in large pot. Add clams; cover and cook until they open, 5–7 minutes, stirring once after 3 minutes.

2 Discard any clams that do not open. Stir in salsa, lime, and parsley.

PER SERVING (ABOUT 12 CLAMS WITH ABOUT 1 CUP BROTH): 260 CAL, 3 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 93 MG CHOL, 934 MG SOD, 17 G CARB, 2 G FIB, 37 G PROT, 176 MG CALC. **POINTS VALUE: 5.**

IN THE KITCHEN Serve crusty bread with this dish to soak up all the savory clam broth. Spread 4 slices toasted sourdough or Italian bread evenly with 4 tsp sun-dried tomato pesto (and increase the per-serving **POINTS** value by 1).

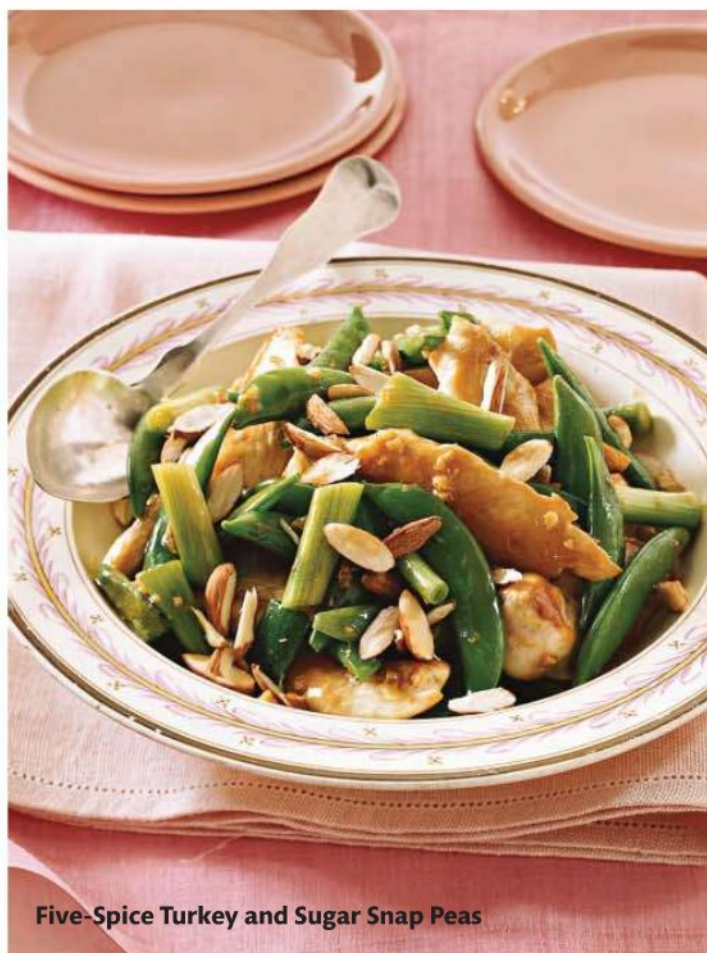
BONUS RECIPE!

PEPPERY STRAWBERRIES

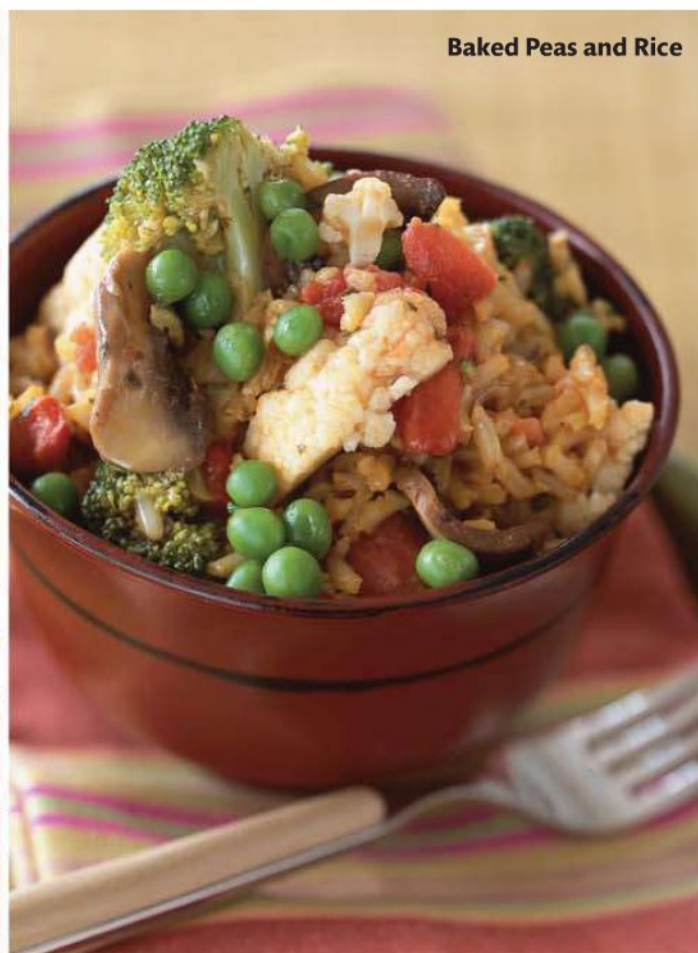
Combine ½ lb fresh hulled and halved strawberries,

2 Tbsp sugar, 1 Tbsp fat-free half-and-half, ½ Tbsp orange-flavored liqueur, ½ Tbsp brandy, and ½ tsp cracked black pepper in bowl. Cover and chill

1 hour. Serves 4. **PER SERVING** (SCANT ½ CUP) **POINTS VALUE: 1.**



Five-Spice Turkey and Sugar Snap Peas



Baked Peas and Rice

GIVE PEAS A CHANCE

Five-Spice Turkey and Sugar Snap Peas **B**

PREP 10 MIN **COOK** 10 MIN **SERVES** 4

- 3 Tbsp dry sherry
- 3 Tbsp reduced-sodium soy sauce
- 2 Tbsp water
- 2 tsp cornstarch
- ½ tsp five-spice powder
- 2 tsp canola oil
- ¼ c sliced almonds
- 1 lb turkey cutlets, cut into 1-inch chunks
- ¼ lb fresh sugar snap peas, trimmed
- 3 scallions, cut into 1-inch pieces
- 3 garlic cloves, finely chopped
- 1 tsp grated peeled fresh ginger

1 Mix sherry, soy sauce, water, cornstarch, and five-spice powder in small bowl.
2 Heat large deep nonstick skillet or wok over high heat until drop of water sizzles on it. Pour in 1 tsp oil and swirl to coat pan; then add almonds. Stir-fry

until lightly browned, about 2 minutes. Transfer to plate.
3 Pour in remaining 1 tsp oil and swirl to coat pan, then add turkey. Stir-fry until turkey is lightly browned, 3–4 minutes. Add sugar snap peas, scallions, garlic, and ginger; stir-fry 1 minute. Add sherry mixture and cook, stirring constantly, until mixture boils and thickens and turkey is cooked through, 1–2 minutes. Stir in almonds.

PER SERVING (SCANT 1 CUP): 215 CAL, 6 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 76 MG CHOL, 453 MG SOD, 9 G CARB, 2 G FIB, 30 G PROT, 57 MG CALC.

POINTS: 4.

Baked Peas and Rice **I**

PREP 25 MIN **COOK/BAKE** 55 MIN
SERVES 8

- 1 large onion, chopped
- 3 garlic cloves, finely chopped
- 1 (8-oz) package sliced mushrooms
- 1 (28-oz) can fire-roasted diced tomatoes
- 2 c low-sodium chicken broth

- 2 lbs English peas, shelled, or 1 (10-oz) package frozen peas, thawed
- 2 c fresh broccoli florets
- 2 c fresh cauliflower florets
- 1½ cups brown rice
- 3 roasted red peppers, drained and chopped
- 2 bay leaves
- 1 Tbsp chopped fresh oregano or 2 tsp dried
- ½ tsp salt
- ½ tsp black pepper
- ¼ tsp ground nutmeg
- ¼ tsp turmeric
- ¼ tsp paprika

1 Preheat oven to 350°F.
2 Spray large Dutch oven with nonstick spray and set over medium heat. Add onion and cook, stirring occasionally, until softened, about 3 minutes. Add garlic and cook, stirring frequently, until fragrant, about 20 seconds. Add mushrooms and cook, stirring frequently, until their liquid is released and liquid reduces to a glaze, about 6 minutes. Add tomatoes and broth;

bring to boil, scraping up any browned bits from bottom of pot.

3 Stir in peas, broccoli, cauliflower, rice, roasted peppers, bay leaves, oregano, salt, black pepper, nutmeg, turmeric, and paprika; bring to boil. Cover pot and place in oven. Bake until rice is tender and liquid is almost absorbed, about 45 minutes. Discard bay leaves. This recipe works with the Simply Filling technique.

PER SERVING (1¼ CUPS): 235 CAL, 2 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 529 MG SOD, 46 G CARB, 10 G FIB, 10 G PROT, 85 MG CALC. **POINTS VALUE: 4.**

Southwest Pea and Veggie Sauté **B**

PREP 20 MIN **COOK** 10 MIN **SERVES** 4

- 1 Tbsp olive oil
- 1 medium red onion, finely chopped
- 1 serrano pepper, seeded and finely chopped
- 2 garlic cloves, finely chopped
- 1 lb zucchini, diced

2 large plum tomatoes, diced

¾ lb English peas, shelled, or ¾ c frozen peas, thawed

½ tsp chopped chipotle en adobo

½ tsp salt

½ tsp black pepper

2 Tbsp chopped fresh cilantro

1 Heat oil in large nonstick skillet over medium-high heat. Add onion and cook, stirring occasionally, until softened, about 3 minutes. Add pepper and garlic; cook, stirring frequently, until fragrant, about 30 seconds. Add zucchini and cook, stirring, until crisp-tender, about 3 minutes.

2 Add tomatoes, peas, salt, and black pepper; cook, stirring occasionally, until peas are crisp-tender, about 3 minutes. Stir in cilantro. This recipe works with the Simply Filling technique.

PER SERVING (ABOUT ¾ CUP): 92 CAL, 4 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 316 MG SOD, 13 G CARB, 4 G FIB, 4 G PROT, 37 MG CALC. **POINTS VALUE: 1.**

IN THE POD

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- **EAT** supersweet English peas as soon as they are picked for optimal taste and texture.
- **REFRIGERATE** unwashed English peas in their pods in a zip-close plastic bag up to three days if you can't use all the peas you've picked.



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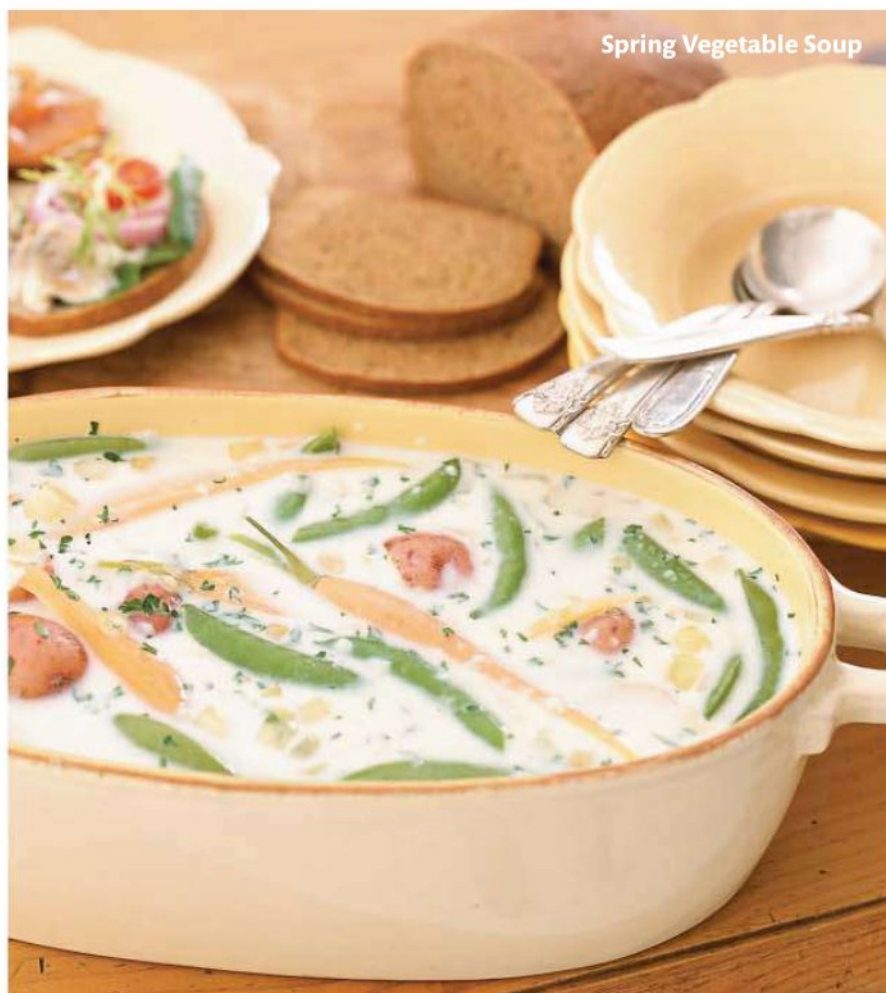
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Spring Vegetable Soup

Spring Vegetable Soup **B**

PREP 15 MIN **COOK** 15 MIN **SERVES** 4

- 2 Tbsp all-purpose flour**
- $\frac{3}{4}$ tsp salt**
- 3 c low-fat (2%) milk**
- 2 c cubed scrubbed red potatoes**
- 15 tiny new carrots or 3 carrots, cut into matchstick-thin strips**
- $\frac{1}{2}$ Vidalia or other sweet onion, chopped**
- 2 c boiling water**
- $\frac{3}{4}$ lb fresh sugar snap peas, trimmed**
- 2 Tbsp snipped fresh chives or chopped flat-leaf parsley**

1 Combine flour and salt in medium saucepan; whisk in milk until blended. Bring to boil over medium-high heat, whisking constantly. Cook, whisking constantly, until mixture slightly thickens, about 30 seconds. Remove saucepan from heat.

2 Combine potatoes, carrots, and onion in another medium saucepan. Add boiling water. Cover and cook

over high heat until vegetables are crisp-tender, about 5 minutes, adding sugar snap peas during last minute of cooking time. Stir in milk mixture and cook, stirring occasionally, until vegetables are tender, about 5 minutes. Serve sprinkled with chives.

PER SERVING (1½ CUPS): 214 CAL, 4 G FAT, 2 G SAT FAT, 15 MG CHOL, 547 MG SOD, 35 G CARB, 5 G FIB, 10 G PROT, 282 MG CALC. **POINTS: 4.**

IN THE KITCHEN This soup is especially satisfying served with pumpernickel bread. (A 1½-oz slice will increase the per-serving **POINTS** value by 2.)

BONUS RECIPE!

GINGER SNOW PEAS

Mix 1 Tbsp light butter, $\frac{1}{2}$ tsp grated peeled fresh ginger, and $\frac{1}{4}$ tsp grated lemon zest in bowl. Stir in $\frac{3}{4}$ lb steamed trimmed snow peas until butter mixture melts.

Serves 4. PER SERVING (½ CUP) **POINTS** **VALUE: 1.**

SOY GOOD!

Tofu in Adobo Sauce **I**

PREP 15 MIN **COOK/BAKE** 55 MIN **SERVES** 8

- 2 dried pasilla chile peppers, seeded**
- 2 dried New Mexico red chile peppers, seeded**
- 3 c water**
- $\frac{1}{4}$ c cider vinegar**
- $\frac{1}{4}$ c ketchup**
- 1 medium red onion, thinly sliced**
- 2 garlic cloves, sliced**
- 1 tsp ground cumin**
- 1 Tbsp chopped fresh oregano or 1 tsp dried**
- 1 Tbsp chopped fresh thyme or 1 tsp dried**
- 1 (4-inch) cinnamon stick**
- 2 (14-oz) packages extra-firm tofu, cut into 1-inch cubes**
- 1 (10-oz) package frozen corn kernels, thawed**
- 2 c frozen broccoli florets, thawed**
- $\frac{1}{2}$ cup shredded fat-free Cheddar cheese**

1 To make sauce, set large saucepan over medium heat until hot, about 30 seconds. Working with 1 chile pepper at a time, add chile peppers to pan and toast just until fragrant, about 20 seconds per side. Transfer to plate.

2 Return chile peppers to saucepan. Stir in water, vinegar, ketchup, onion, garlic, cumin, oregano, thyme, and cinnamon stick; bring to boil. Reduce heat and simmer, stirring occasionally, until chile peppers soften, about 20 minutes. Remove saucepan from heat; let mixture cool slightly, about 10 minutes. Remove cinnamon stick and discard. Pour mixture into food processor or blender and puree.

3 Transfer sauce to 9 x 13-inch baking dish. Add tofu and toss gently to coat. Let cool completely. Cover tightly with plastic wrap, then foil, and freeze up to 1 month. To serve, let tofu mixture thaw in refrigerator overnight. Preheat oven to 350°F. Uncover baking dish, stir in corn and broccoli. Bake 15 minutes. Sprinkle top with Cheddar. Bake until heated

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TAKE TOFU AND...

Ready to buy some tofu but unsure what the difference is between extra-firm or soft and silken? These labels refer to the density of the tofu. All varieties are identical in taste, but are best used in different types of dishes. Here's the rundown:

- **EXTRA-FIRM** Ideal for stir-frying, broiling, hearty stews, and casseroles
- **FIRM** Perfect for slicing, dicing, and sautéing
- **SOFT** Great for sauces, soups, and salads
- **SILKEN** Custard-smooth consistency is excellent for soups or blended into dressings, dips, and creamy desserts

through and cheese melts, about 15 minutes. This recipe works with the Simply Filling Technique.

PER SERVING (1½ CUPS): 190 CAL, 8 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 1 MG CHOL, 283 MG SOD, 19 G CARB, 3 G FIB, 16 G PROT, 206 MG CALC. **POINTS VALUE: 4.**

FILLING EXTRA Add a touch of sweetness to the adobo sauce by stirring in 1 c shredded carrots along with the chiles in step 2.

EASY AS CAKE

Spring Pudding I

PREP 35 MIN **COOK** 20 MIN **SERVES** 6

- 1½ c fat-free half-and-half
- ¾ c fat-free egg substitute
- 8 Tbsp sugar
- Pinch salt
- ½ teaspoon vanilla extract
- 1 (3-oz) package soft ladyfingers (24 ladyfingers), torn into small pieces
- 1 (1-lb) container fresh strawberries, hulled and sliced

- 1 Tbsp amber rum or brandy
- 2 Tbsp sliced almonds, toasted

1 To make custard, bring half-and-half just to boil in medium saucepan over medium heat.

2 Meanwhile, whisk egg substitute, 6 Tbsp sugar, and salt in medium bowl. Slowly add ½ c of hot half-and-half mixture, whisking constantly. Whisk mixture back into half-and-half in saucepan. Cook over medium-low heat, whisking constantly, until mixture thickens and coats back of spoon, about 3 minutes. (Do not boil.) Strain custard through sieve set over medium bowl; whisk in vanilla. Freeze or refrigerate, whisking occasionally, until cool, about 30 minutes.

3 Place ladyfingers in medium bowl. Combine strawberries, rum, and remaining 2 Tbsp sugar in large bowl; spoon on top of ladyfingers, then cover with custard. Cover and refrigerate until thoroughly chilled, at least 4 hours or overnight. Serve sprinkled with almonds.

PER SERVING (ABOUT 1 CUP): 180 CAL, 3 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 28 MG CHOL, 215 MG SOD, 33 G CARB, 1 G FIB, 6 G PROT, 117 MG CALC.

POINTS: 4.

IN THE KITCHEN Make a double batch of the custard to serve with more fresh berries. Prepare the recipe as directed, but increase the cooking time to 5–7 minutes in step 2, and use 2 c of the custard in step 3. Transfer remaining custard to an airtight container and refrigerate up to 4 days. You'll have enough for 8 (¼ c) servings (for a per-serving **POINTS** value of 1).

No-Cook Tiramisu **B**

PREP 10 MIN **COOK** NONE **SERVES** 4

- 8 (¼-oz) Italian ladyfingers (savoiardi), broken into large pieces
- 8 Tbsp cold strong-brewed coffee
- 4 (4-oz) containers refrigerated fat-free chocolate-vanilla pudding
- 4 Tbsp fat-free whipped topping

1 Divide half of ladyfingers (about 1¼ c) among 4 dessert dishes. Drizzle each with 1 Tbsp coffee.

2 Top each serving with 1 container pudding and 1 Tbsp whipped topping. Top evenly with remaining ladyfingers, then drizzle with remaining coffee.

PER SERVING (ABOUT 1 CUP): 165 CAL, 1 G FAT, 0 G SAT FAT, 0 G TRANS FAT, 23 MG CHOL, 210 MG SOD, 36 G CARB, 1 G FIB, 4 G PROT, 51 MG CALC.

POINTS VALUE: 3.

IN THE KITCHEN Can't find Italian ladyfingers? Split 4 soft ladyfingers and place, rounded side up, on a rimmed baking sheet. Bake at 350°F until toasted, 10–15 minutes. Let cool completely.

Tropical Ice Cream Cake **I**

PREP 20 MIN **COOK** NONE **SERVES** 8

- 1 (3-oz) package soft ladyfingers (24 ladyfingers)
- 8 Tbsp pineapple juice

1 pint vanilla-raspberry swirl low-fat frozen yogurt, slightly softened

COMPOTE

- 3 ripe apricots, pitted and diced
- 2 kiwifruits, peeled and diced
- 1 mango, peeled and diced
- 1 Tbsp sugar

1 Line 8 x 4-inch loaf pan with plastic wrap, allowing excess to extend over short sides of pan by 5 inches.

2 Split 18 ladyfingers. Line bottom of pan with 9 halves, rounded sides down; reserve remaining ladyfinger halves.

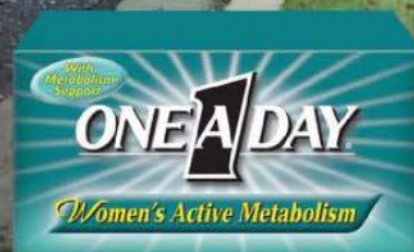
3 Brush ladyfingers in pan with 2 Tbsp pineapple juice. With rubber spatula, spread half of frozen yogurt over ladyfingers to cover. Break remaining 6 whole ladyfingers into 1-inch pieces; sprinkle over top of yogurt. Brush pieces with 1 Tbsp pineapple juice; spread with remaining frozen yogurt to cover. Top with reserved 9 ladyfinger halves, rounded sides up; brush with 2 Tbsp pineapple

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Tropical Ice Cream Cake



Nectarine Napoleons

juice. Fold plastic wrap over top of cake. Freeze until firm, at least 4 hours or up to 4 days.

4 To serve, fold back plastic wrap and invert cake onto cutting board. Lift off pan and remove plastic wrap. Let stand until cake softens slightly, about 10 minutes.

5 Meanwhile, to make compote, combine apricots, kiwifruits, mango, sugar, and remaining 3 Tbsp pineapple juice in medium bowl.

6 Cut cake into 8 slices, place on dessert plates, and serve with compote.

PER SERVING (1 SLICE CAKE WITH SCANT ½ CUP COMPOTE): 148 CAL, 1 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 21 MG CHOL, 54 MG SOD, 31 G CARB, 2 G FIB, 4 G PROT, 124 MG CALC. **POINTS VALUE: 3.**

Nectarine Napoleons **B**

PREP 15 MIN **ROAST** 15 MIN **SERVES** 4

4 small ripe nectarines, halved
(about 1 lb)

1 Tbsp sugar

16 (¼-oz) Italian ladyfingers (savoardi)

4 Tbsp canned dulce de leche

8 Tbsp thawed frozen fat-free whipped topping

1 Preheat oven to 425°F.

2 Place nectarine halves, cut side up, in 9-inch square baking pan. Sprinkle tops with sugar. Roast until nectarines are softened and juicy, about 15 minutes. Let stand until cool, about 15 minutes.

3 For each napoleon, place 2 ladyfingers, flat side up, side by side on dessert plate; top with 2 nectarine halves, cut side down. Spread halves with 1 Tbsp dulce de leche; top with 2 Tbsp whipped topping, then 2 ladyfingers, flat side down. Repeat with remaining ladyfingers, nectarines, dulce de leche, and whipped topping to make total of 4 napoleons. Let stand until ladyfingers soften slightly, 10 minutes.

PER SERVING (1 NAPOLEON): 252 CAL, 3 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 49 MG CHOL, 93 MG SOD, 54 G CARB, 3 G FIB, 5 G PROT, 57 MG CALC.

POINTS VALUE: 5.

IN THE KITCHEN Dulce de leche is a rich, caramel topping that's popular throughout Latin America. It's available in Hispanic grocery stores and the ethnic foods aisle of some supermarkets. If you can't find dulce de leche, you may substitute butterscotch topping.

TINY CAKES Soft ladyfingers are smaller and moister than Italian ladyfingers (*savoardi*). You'll find these finger-shaped sponge cakes near the berries in the produce section of your supermarket.

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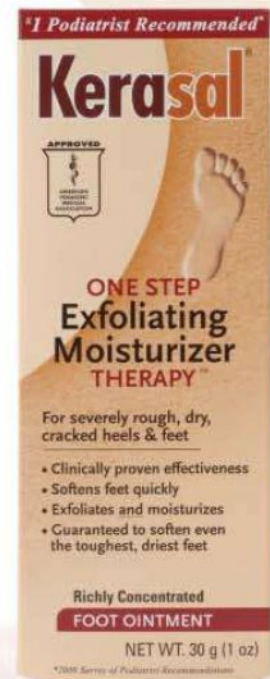
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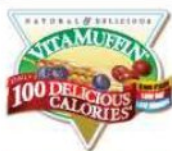


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FEED YOUR BONES

Continued from p. 112.

STILL NOT SURE IF YOU'RE AT RISK FOR OSTEOPOROSIS?

Here, the need-to-know facts about genetic links, tests, and the latest treatments from leading experts.

What's the difference between osteopenia and osteoporosis?

Osteopenia is a condition in which bone mineral density is lower than normal but not as low as that of osteoporosis. If you have osteopenia, it's critical that you adopt bone-healthy habits now to turn things around for the future.

My mother has osteoporosis. Will I get it too?

Osteoporosis is largely hereditary, but that doesn't mean you're doomed if your mom or dad had weak bones; you just need to be especially careful to make bone-healthy lifestyle choices.

When should I get a bone-density test?

All women 50 and older should review risk factors with their doctors to assess if they should have the test. Your doctor should consider whether you have a family history of the condition; you've taken steroids for three months or more; you have a history of anorexia or bulimia; you're prone to fractures of the wrist, spine, or ankle; you smoke; or you're very thin.

I was just diagnosed with osteoporosis. What type of doctor should treat me?

A mild case can probably be treated by your primary care physician, but if your bones are very weak or you've had a fracture, see a specialist. Some endocrinologists, rheumatologists, and even gynecologists have an expertise in bone health. Look for an M.D. who is certified to do bone-density testing by the International Society for Clinical Densitometry.

Which medications are most effective for treating osteoporosis?

A number of prescription meds are available, and treatment varies depending on your age and symptoms. The most commonly prescribed meds are biphosphonates, which slow bone loss. The latest, Reclast, which is taken intravenously once a year, showed promising results when tested on postmenopausal women. But the longer you take any biphosphonate, the more it impedes the body's natural ability to repair micro-fractures, setting you up for a major fracture down the road. Bottom line: You can't stay on these drugs indefinitely, so see your physician every year for a reevaluation.

SWIMSUIT ISSUE(S) pp. 97-101



On Anna (left)

Old Navy butterfly one-piece, sizes 1X-4X, \$49.50, oldnavy.com; sarong, \$68, echodesign.com; earrings, \$85, nationaljeancompany.com; sandals, \$49.90, zappos.com.

At right (from top)

Old Navy one-piece, sizes 1X-4X, \$49.50, oldnavy.com; Panache tankini top, sizes 30-38 D-G, \$88; bottom, sizes XS-XXL, \$33, bare necessities.com; Avenue tankini top and bottom, sizes 14-26, \$59, onestopplus.com.



On Danyiele (left)

Lands' End one-strap suit, sizes 4-18, \$62.50, landsend.com; tote, \$48, echodesign.com; sunglasses, \$145, ray-ban.com; bangle, \$47.95, fantasyjewelrybox.com; sandals, \$59, zappos.com.

At right (from top)

Magic Suit halter one-piece, sizes 10-20, \$150, bloomingdales.com or macys.com; Spanx halter one-piece, sizes 6-14, \$178, spanx.com; Old Navy halter one-piece, sizes 1X-4X, \$49.50, oldnavy.com.



On Margaret (left)

MiracleSuit one-piece, sizes 8-16, \$160, everythingbutwater.com; bangle, \$41.95, fantasyjewelrybox.com; ring, \$125, liasophia.com; sandals, \$69.95, zappos.com.

At right (from top)

Reebok tank, \$80, sizes 10-20, dillards.com; Spanx one-piece, sizes 6-14, \$198, spanx.com; Lane Bryant tankini top, sizes 38C-46DDD, \$59.50; bottom, sizes 14/16-26/28, \$39.50, lanebryant.com.



On Anntonette (left)

Dr. Rey's Shaping Swimwear tank top, XS-3X, \$47, sears.com; Lands' End bottom, 4-18, \$48.50, landsend.com; earrings, \$62, nationaljeancompany.com; bangle, \$57.95, fantasyjewelrybox.com; sandals, \$325, zappos.com.

At right (from top)

Nautica tank top, sizes 6-16, \$74; bottom, sizes 6-16, \$62, macys.com or nautica.com; Kenneth Cole tank top, sizes 6-14, \$62; bottom, sizes 6-14, \$74, lordandtaylor.com; Jantzen swim dress, sizes 4-18, \$106, dillards.com.



ABOUT OUR RECIPES

We make every effort to ensure that you will have success with our recipes. For best results and for nutritional accuracy, please keep these guidelines in mind:

- Recipes in WWM have been developed for members who are following the **Momentum™** plan. We include **POINTS®** values for every recipe. **POINTS** values are assigned based on calories, fat (grams), and fiber (grams) provided for a serving size of a recipe.
- All recipes feature approximate nutritional information; our recipes are analyzed for

Calories (Cal), Total Fat (Fat), Saturated Fat (Sat Fat), Trans Fat (Trans Fat), Cholesterol (Chol), Sodium (Sod), Carbohydrates (Carb), Dietary Fiber (Fib), Protein (Prot), and Calcium (Calc).

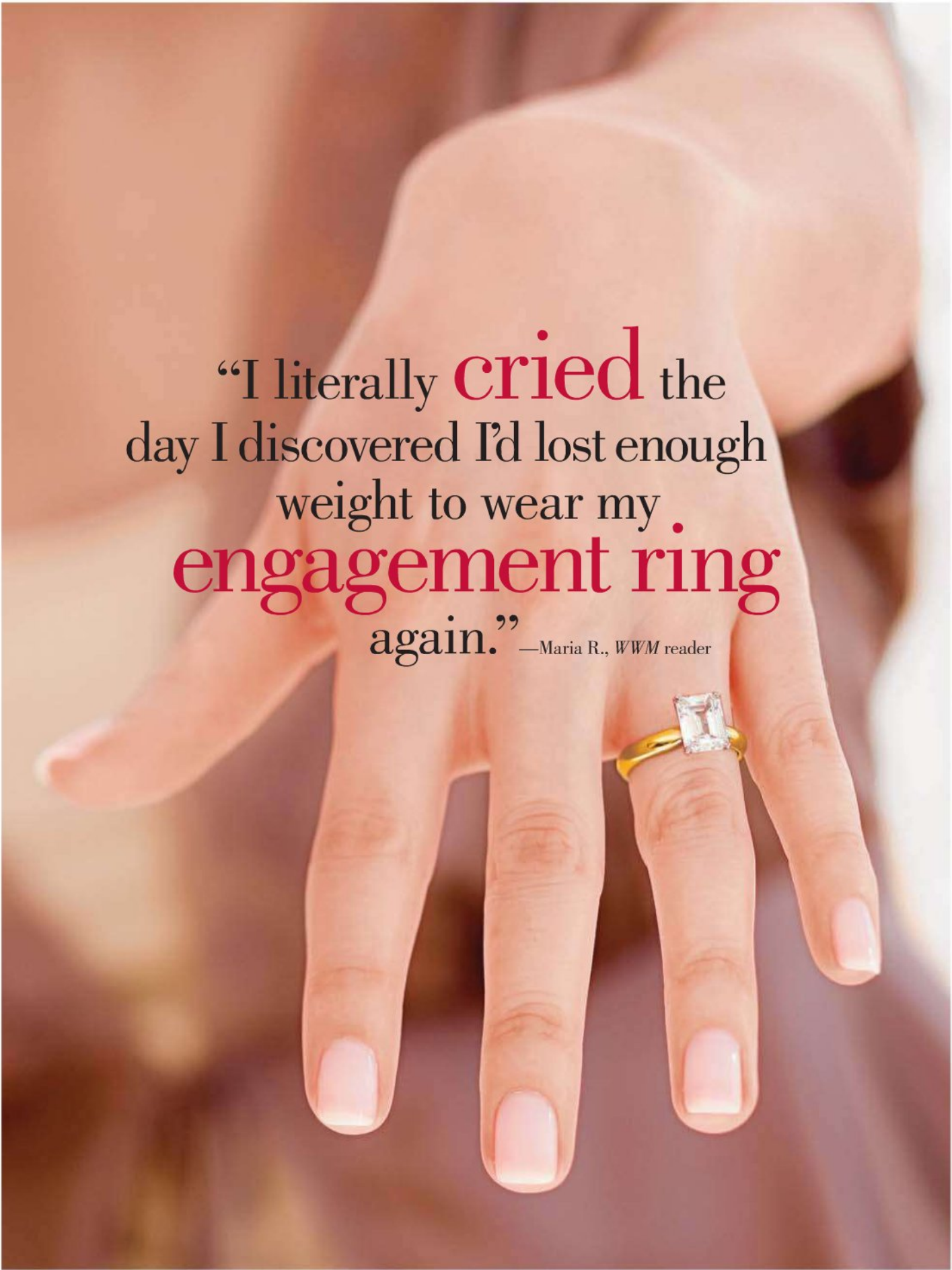
- Nutritional information for recipes that include meat, poultry, and fish are based on cooked skinless, boneless portions (unless otherwise stated), with the fat trimmed.
- We recommend that you buy lean meat and poultry, then trim it of all visible fat before cooking. When poultry is cooked with the skin on, we suggest removing the skin before eating.

• Before serving, divide foods—including any vegetables, sauce, or accompaniments—into portions of equal size according to the designated number of servings per recipe.

- Any substitutions made to the ingredients will alter the "per serving" nutritional information and may affect the **POINTS** values.
- All fresh fruits, vegetables, and greens in recipes should be rinsed before using.
- All Filling Extra suggestions have a **POINTS** value of 0 unless otherwise stated.

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weight to wear my
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again.” —Maria R., *WWM* reader

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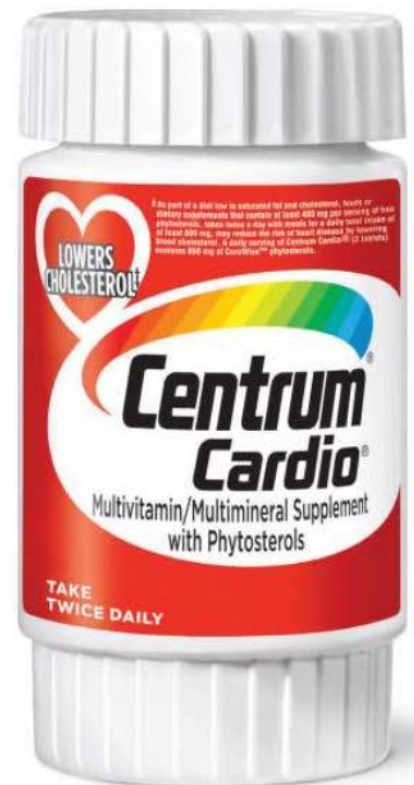


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JELL-O Sugar Free Chocolate Pudding



Cal: 60 | Fat: 1.5g | Fiber: < 1g

It's Me O'Clock